

The New Zealand Journal of

NATURAL MEDICINE

EVIDENCE-BASED
HOLISTIC MEDICINE

Issue 24: February – May 2017

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Introduction

As I see it, the most important question we should be asking of ourselves, our MPs, our GPs and specialists alike is this:

With all the evidence accumulated over many centuries – including “peer reviewed” – proving the efficacy of nutrition and other natural remedies, why is it that our “official” government run or insurance supported private health care system is unable or unwilling to prescribe or treat anyone with natural remedies????

Why is it that the precious few doctors brave enough to treat their patients with natural remedies are all too often deregistered or otherwise punished?

Why can't anyone get intravenous Vitamin C in our taxpayer funded hospitals for their viral infections, or cancer? All the studies are there for anyone to read. (In fact, Vitamin C is a registered medicine in NZ!) Why don't our doctors read the studies ... but even if they do, why are they discouraged or even prohibited from using it?

With all the evidence that natural remedies work for heart disease, cancer, and thousands of other things that can go wrong in the human body, why can't we access them through the public health system?

Why, indeed?

Why do oncologists still treat cancer patients almost exclusively with their now discredited “poison, cut and burn” – medieval forms of torture???

Why do cardiologists still offer heart patients high radiation CT scans, stents, statins and surgery as first options when there are so many other non-invasive and proven natural alternatives?

Why do GPs still hugely over-prescribe antibiotics for just about everything, when they know that they destroy our vital microbiome?

Why do Western doctors keep ignoring the evidence of harm that they are doing with just about everything they do in the name of health? Why are nearly all the drugs that they use on us toxic for the liver?

Why do they ignore their own statistics that prove that the medical system itself is the second leading cause of death in the West?

Why do they still push a system that doses people with fluoride, psychotropic drugs, sugar, de-mineralised food, and toxic vaccines?

It's time to face reality: Our health system was hijacked many years ago by corporate interests that permit only their “approved” science – one that generates lots of revenue from “managing” chronic illness. It has not only brainwashed us into ignoring facts that are staring us in the face; it has brainwashed our doctors into never (at least publicly) asking why they are not permitted to practise the real “evidence-based medicine”.

It's time for a change. It's your health. It's your life.

– Jonathan Eisen



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Why You Should Avoid ALL Vaccines

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The New Zealand Journal of
**NATURAL
MEDICINE**

ISSN 2324-1551 (Print)
ISSN 2324-156X (Online)

Published by:

Full Court Press, Ltd.
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New Zealand

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Broccoli For Cancer?

Dear Jon and Katherine:

I would like to thank you. A few months ago my doctor diagnosed a very sore growth on my right hand as basal cell carcinoma and suggested that I have it surgically removed. This was going to cost around \$300.00. I am elderly and am on a restricted budget, so I searched the Internet. After trying Vitamin C and cider vinegar, I still had a very painful hand. One day in cleaning my lounge I picked up your edition from February 2013 talking about broccoli paste for skin cancer and decided to try it. The pain went almost immediately.

I used my mortar and pestle and applied the fresh broccoli floret paste four times a day, breakfast, lunch, dinner and bedtime. I covered the site with plastic cling-wrap and secured this with a medical adhesive product (Fixomull stretch) after each application to ensure the moist paste remained in contact with the lesion. The treatment took a total of about two weeks – with a short hiatus when I went away for a couple of days. After my trip I went back to my GP who checked the site and told me to continue for a bit

more as there were still “roots” of the skin cancer visible.

A great success...now it is all gone, and with no damage to the surrounding skin. Thankyou.

I might add that I bought four copies of your first edition. One each for my doctor, hairdresser and my husband’s caregiver as well as myself. Since then I have not missed an edition.

Please keep up your very good work.

Sincerely,

[Full name supplied]

Ed note: Please note that it is important to know how to use the broccoli paste as incorrect application of this treatment may be harmful.

*The article by Joe Rozencwajg, NMD, about the use of a broccoli poultice to treat non-melanoma skin cancers (which this reader used as a guide when treating her skin cancer) is in issue 8 of **The NZ Journal of Natural Medicine**. This issue may be purchased from our online shop at <http://www.naturalmedicine.net.nz/shop/>.*

It may also be read online at this link: <http://www.naturalmedicine.net.nz/cancer-prevention-and-treatment/a-new-treatment-for-non-melanoma-skin-cancers/>

An updated version of the article may also be read on Joe Rozencwajg, NMD’s website at this link: <http://www.naturamedica.co.nz/downloads>

Issue 10 of this Journal includes a reader’s story relating her success with using black salve to treat skin cancers as well as a brief overview of some of the other options for treating skin cancers.

Fluoroquinolone Toxicity

Dear Editor:

Fluoroquinolone Antibiotics (Ciprofloxacin, Levaquin, Avelox) and Thyroid Gland, Thyroid Hormone, and Iodine Metabolism Dysfunction.

<http://fluoroquinolonethyroid.com>

This website was created to describe how Fluoroquinolone Toxicity (FQT) permanently damaged my thyroid hormone and Iodine metabolism (TH/Iodine metabolism). “Floxed” is the term used when a person experiences adverse reactions to the fluoroquinolone (FQ) antibiotics. In my case, getting floxed caused major problems with my Thyroid system.

Medical Professionals Who Have Been Affected by FQT... PDF File.

<http://fluoroquinolonethyroid.com/wp-content/uploads/2014/11/FQ-Adverse-Effects-In-Their-Own-Words-from-Physicians.pdf>

“Many physicians have not been properly educated about the severe nature of these (FQ) chronic adverse reactions, some of which result in life-long disabilities. Post-marketing studies of several Fluoroquinolones have shown an incidence of adverse reactions much higher than were originally reported in pre-clinical studies.”

– Terry R.

BrasscheckTV Report

Here’s the pattern of new drug development in the US:

1. The news media announces a miracle drug.
2. Doctors mindlessly prescribe it based in two minute talk with a pharmaceutical rep.
3. A few years later it’s quietly taken off the market because it’s too dangerous.

Here’s what it looks like in action: Video:

<http://www.brasschecktv.com/page/29925.html>

- Brasscheck TV

Lowering My Blood Pressure

To the Editor: Recently, when my blood pressure reading was elevated, I remembered what Dr. Hal Huggins had told me. During the 14 years I knew him before his death in 2014, he shared many of his observations, and not just about mercury toxicity, for which he is most well-known. He told me that high blood pressure is actually caused by sugar, alcohol, and caffeine, not by salt, as is the standard thinking. So, since I don’t drink alcohol, I had two things to remove from my diet, sugar and caffeine. Living in the South, sweet tea, especially in the summertime, supplied me with both sugar and caffeine. Desserts are fabulous here, so I was guilty on all counts. Concerned that my HBP could lead to a stroke, heart attack, or diabetes, I decided to try his idea.

I took my BP at the same time each night, just before going to bed. I made sure to remain still for 5 minutes before taking my BP, to breathe normally in through my nose and out through my mouth during that 5 minutes to increase my oxygen level and decrease my carbon dioxide level, and to have my heart and the BP monitor on my wrist on the same plane (level with each other). I also chose a happy thought/experience on which to focus while I was taking my BP reading. Apparently, all this makes a difference. My final result, after 7 days, was a systolic drop of 39 points and a diastolic drop of 10 points, to a final reading of 127/72, and my heart rate dropped from 84 to 74. I’m not suggesting you go off any medication, I’m not a medical doctor, I’m just sharing what worked for me.

– Dr. Pat Boone

(Dr. Pat Boone holds a doctorate degree in Counseling Psychology. Her website is DrPatBoone.com)



Having trouble getting up in the morning?



Depending on coffee to keep you going?



Craving salty or sweet snacks?



Feeling run down and stressed?

Simply too **tired** to enjoy life?



Not having fun anymore?



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You're not alone...

In an Australian survey* of over 1000 women aged 18-54, over 800 said that tiredness and fatigue were significantly affecting their lives.

Fatigue may be due to a decrease in the ability of the adrenal glands to carry out their normal functions. It affects many Australians and New Zealanders today, and the cause can go undiagnosed.

Dr Wilson's Adrenal Nutritional Recovery Programme is designed to not only support the adrenal glands, but to support healing the adrenal glands at a deep cellular level.

This programme is available only through a Healthcare Practitioner: go to www.adrenalfatigue.co.nz/findhelp

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Dr Wilson's Adrenal Nutritional Recovery Programme consists of four powerful products – the "Adrenal Quartet".

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- Super Adrenal Stress Formula
- Adrenal C
- Herbal Adrenal Support Formula

These products have been designed to be used together for maximum effectiveness.

nutri search

NUTRITIONAL EXCELLENCE

Fluoride Free New Zealand is fighting the Government's proposal for mandatory fluoridation of New Zealand – and needs your help!

The Government's proposal is to shift responsibility from the local councils to the District Health Boards. These Boards are contractually obligated to carry out Ministry of Health policy therefore this will effectively mean mandatory fluoridation for New Zealand. Only three other countries in the world have mandatory fluoridation.

At present only 23 councils out of 67 choose to fluoridate providing around 52% of the country with fluoridated water. FFNZ has embarked on a Nationwide Campaign to stop proposed Legislation to impose mandatory fluoridation on the whole of New Zealand. FFNZ believes the best way to get this stopped is by creating huge public awareness of the facts around fluoridation.

The first reading of the Legislation is due to be heard before the end of this year.

From there it will go to Select Committee where it will be open to submissions. FFNZ advise this is the time when the Legislation can be changed.

Please support Fluoride Free New Zealand and...



1 Buy the awesome FFNZ publication \$10 plus postage

Email info@fluoridefree.org.nz to order.

2 Watch and share the TV Advertisements they produced this year

(see Fluoride Free NZ homepage)

3 Watch and share the NZ TV Fluoridation Debate

Aired at 7.30pm on Wednesday 17th of August as part of a "Thinking Green" Face TV Special on Sky Channel 083. (see Fluoride Free NZ homepage)



4 Give A Little

<http://fluoridefree.org.nz/donate/>

5 Sign the Petition!

<https://www.change.org/p/government-of-nz-stop-mandatory-fluoridation-for-all-of-new-zealand>



6 Like their Facebook page

<https://www.facebook.com/FluorideFreeNewZealand/>

7 Check out FFNZ's website

<http://www.fluoridefree.org.nz>



Vaxxed:

From Cover-up to Catastrophe



Polly Tommey had always wanted to be a mother, so when she and her husband Jon had a beautiful little girl and an equally adorable baby boy, “life was perfect”.

That was, until her son, Billy had a life-changing adverse reaction to the MMR (measles, mumps, rubella) vaccine.

On camera, Polly, who is also one of the producers of *Vaxxed*, recalls how a friend had phoned her on the day that Billy was due for his 12 month

vaccination appointment to express concern about the safety of the MMR vaccine. Completely confident that the vaccine was safe, Polly dismissed her friend’s concerns.

If there were a problem with the vaccine, Polly asserted during their conversation, “there would be headline news. The doctor would be calling me up saying this is not a safe vaccine, don’t bother coming in. None of this is happening.” She accused her friend of “being negative” and of “listening to some rumour that you heard somewhere.”

The day Billy had the MMR vaccination, Polly says, years later, turned out to be the “worst day of my life”.

Following the injection, Billy suffered from “uncontrollable shaking” with his eyes flickering. Polly and Tommy rushed him to hospital, where they were told by the doctors:

“He’s had a reaction. He’s had a seizure...This is normal. This is common for many children who have this vaccination. He’s going to be absolutely fine. It’s OK.”

The words were no doubt intended to be reassuring, but the doctors’ prognosis for Billy turned out to be completely wrong.

The Tommeys took Billy home.

At first he just seemed sleepy. Then they noticed that he had a blank expression. He began to suffer from diarrhoea and a “rock hard bloated tummy”.

But there was more: “His hair fell out and this dreadful high pitched scream, sort of whiney scream developed from him and then came the head banging, the constant banging against his crib, the constant banging against the floor or wall or anything that he could find to bang his head one...he would thrash it.”

Billy no longer played with his sister and did not even seem to recognise his parents.

“That was the time when our child regressed into an autistic state and lost everything...lost everything,” Jon Tommey recalls.

Billy Tommey had received the vaccine that changed his life forever.

In 2014 senior Centers for Disease Control (CDC) scientist Dr. William Thompson made contact with Dr. Brian Hooker, a research scientist, who also has an autistic child.

“I feel great shame now when I meet families with kids who have autism because I have been part of the problem,” admitted William Thompson. In a series of conversations with Brian Hooker, Dr. Thompson disclosed how he and colleagues in the CDC had committed scientific fraud in the process of preparing a study on MMR and autism which was published in *Pediatrics* (2004 Feb;113(2): 259-66).

Following its publication, the study was trumpeted around the world as being proof that the MMR vaccine did not cause autism – contrary to the experience of thousands of parents (like the Tommeys) whose previously healthy, developmentally normal children had become sick and autistic after receiving the controversial shot.

Moreover, as *Vaxxed* reveals, Dr. Thompson advised Dr. Hooker how to obtain the original datasets for the MMR-autism study. (In turn, this data has been made available to the public via the *Vaxxed* website at this link <http://vaxxedthemovie.com/download-the-cdc-autism-mmr-files-released-by-dr-william-thompson/>)

Parents the world over owe a debt of gratitude to Dr. William Thompson for having had the foresight to retain documents that showed how the data used in the CDC’s MMR-autism study was manipulated. His courage in admitting his own role as a co-author of a study that has had a devastating impact on the lives of countless children and families (by providing a false assurance that the MMR vaccine is safe) also deserves recognition. (In 2014, Dr. Thompson made a statement via the website of legal firm Morgan Verkamp which may be read at this link:

<https://morganverkamp.com/statement-of-william-w-thompson-ph-d-regarding-the-2004-article-examining-the-possibility-of-a-relationship-between-mmr-vaccine-and-autism/>.)

While the MMR vaccine certainly isn’t the only potential cause of autism, as *Vaxxed* reveals, analysis of the data gathered for the *Pediatrics* study shows an alarming relationship between the age at which children are administered MMR vaccine and the risk of autism. In fact, for “isolated autism”, that is, autism as a sole diagnosis (in a child who does not have any other medical conditions as such cerebral palsy, or a seizure disorder, for example) children who received the MMR vaccine at the recommended age (between 12-18 months in the USA) were up to six times more likely to develop autism than children who did not receive the shot until the age of three years. (The study did not compare children who had received the MMR vaccine with children who were not vaccinated with MMR vaccine.)

In Australia, where MMR vaccine is on the national vaccination schedule for 12 months, and a measles, mumps, rubella, varicella (chickenpox) shot is on the schedule for 18 months, one in thirty-three children is now autistic, according to the Australian Bureau of Statistics. In NZ, the Ministry of Health's current recommendation is that children have a first MMR shot at 15 months and a second MMR shot at four years. (NZ does not keep statistics on autism.)

Based on the information presented in *Vaxxed*, the standard vaccination schedules in the USA, Australia and NZ may be condemning significant numbers of children to developing regressive autism, with all the suffering that this entails for them and their families.

Dr. Andrew Wakefield, who directed *Vaxxed*, and also appears in the film, states that when the single (measles only) measles vaccine was used, autism rates were lower. Indeed, Japan dropped the MMR entirely in 1993 due to safety concerns.

The film concludes with an appeal to viewers to demand that single measles, mumps and rubella vaccines be made available as an alternative to the combined MMR shot.

The vaccine industry has tried to marginalise both parents of vaccine-injured children as well as those physicians – like Andrew Wakefield – who have recognised the plight of families so severely adversely affected by the MMR vaccine – and the implications for society if the evidence of a vaccine-autism link continues to be suppressed or ignored.

Vaxxed provides a voice to parents who the vaccine industry would prefer to remain silenced; parents who speak a powerful

warning:

I'll give the last words in this review to Polly Tommey, whose son, Billy now 19 years old is 6 feet 2 inches, "volatile" and "scary" on "bad days".

"I am telling you this because I do not want you to have to live the life that I have had to. I do not want you to have to go through the pain, I do not want you to suffer or have your family suffer. I have no other reason to tell you about it. It's not my concern. My kid's already damaged."

Availability of *Vaxxed*:

If you are in the USA, *Vaxxed* DVDs may be purchased from www.vaxxedthemovie.com

In Australia, the special screenings of *Vaxxed* were organised in late 2016 by the Australian Vaccination-skeptics Network (AVN) and more are planned for 2017. This link of the website gives details of up-coming screenings: <https://avn.org.au/vaxxed/>

In NZ, screenings are planned to begin in 2017, supported by WAVESnz (www.wavesnz.org.nz).

The following website and Facebook page covers both *Vaxxed* information for both Australia and NZ:

- <http://www.vaxxedaustralianewzealand.org/news>
- <https://www.facebook.com/groups/1198002033544520/>

Please take the opportunity to attend this film with family and friends when it is in your area.



Gut Health News

Flavonoids calm gut inflammation

Our food is the key factor that determines our gut health. A lack of plant-based foods, mainly fruits and vegetables is a strong risk factor for poor gut health, including food intolerances, allergies, and gut inflammation. Consuming less plant foods leads to a lack of plant anti-inflammatory nutrients, namely flavonoids, and an absence of the pre-biotic effects that these plant nutrients have on our gut-flora. Chronic gut inflammation often results from eating foods that challenge our gut-based immune system and lead to imbalances in our microbial gut flora (dysbiosis). This process can compromise our intestinal mucosa and gut barrier function, resulting in overproduction of pro-inflammatory mediators by the cells within our gut lining and walls¹. This immune dysregulation can lead to disorders like inflammatory bowel diseases (IBDs; Crohn's disease and ulcerative colitis), severe food allergies, and autoimmune diseases, such as celiac disease. Additionally, chronic gut inflammation is associated with an increased risk of bowel cancer². Current drug treatments are frequently associated with severe side effects.

Gut dysbiosis and inflammation also play important roles in other conditions, particularly affecting the brain. Children with behavioural or learning difficulties, ADHD or Autism often have severe microbial imbalances and suffer from an upset and inflamed digestive tract³. Depression has also been linked to gut mucosal dysfunction, inflammation and a leaky gut^{4,5}. Even traumatic brain injury (TBI) can lead to gut problems. Increased intestinal permeability (leaky gut) often exacerbates the cognitive problems and hinders recovery after TBI⁶.

Research has shown how plant-based phenolic compounds, called flavonoids, have natural anti-inflammatory properties that can offer an alternative to pharmaceuticals. The flavonoids can help in prevention and treatment of gut inflammation, food intolerances, allergies, dysbioses and leaky gut syndrome.

Specific flavonoids found in pine bark, green tea, soybeans and pommegranate can support the healing process. They act as pre-biotics and natural anti-inflammatories supporting the establishment and maintenance of a healthy gut flora, and promoting non-inflamed gut walls with healthy barrier function.

Unlike pro-biotics, that provide very large numbers of only a very few types of bacteria, the flavonoid-based pre-biotic provides a high concentration of specifically selected plant nutrients that act on the cells in our intestinal walls and on the microbes present in our gut to re-establish a healthy micro-flora and calm gut inflammation.

Individuals that will benefit most include those with digestive intolerances, gut inflammation and leakiness, metabolic imbalances, weight problems, as well as brain, behaviour and psychological complaints often caused by gut dysbioses.

Author: Dr Matt Frevel, dr.matt.frevel@gmail.com, References available on request: 1) Kobozev I, et al, 2014, Free Radical Biol Med. Vol 68, p122 2) Triantafyllidis JK, et al, 2009, Anticancer Res. Vol 29(7), p2727. 3) Wakefield AJ, et al, 2000, Am J Gastroenterol. Vol 95(9), p2285 4) Maes M, et al, 2008, Neuro Endocrinol Lett Vol 29(1) p117. 5) Karakula-Juchnowicz H, et al, 2014, Nutr Neurosci. 2014 Sep 30. 6) Bansal V, et al 2009, J of Neurotrauma Vol 26, p1353

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HEALTH NEWS

ALERTS



FTC orders homeopathy product manufacturers to claim their products don't work

November 28, 2016
By J. D. Heyes

(NaturalNews) Barack Obama's Left-wing federal bureaucracy continues to become more tyrannical, even as the man is on his way out the door – giving a good indication of just how tall an order it will be for President-elect Donald J. Trump to "drain the D.C. swamp" as he has pledged to do.

In recent days the Federal Trade Commission actually ordered all makers of homeopathic products to include labeling that states they don't actually work – an unbelievable requirement, considering there was no such order sent to Big Pharma firms for their many questionably effective treatments.

Once again, the federal government is picking winners and losers based on who has more political clout in D.C.

Mind you, the homeopathic market in the U.S. is massive. As reported by the UK's *Independent*, it is estimated that Americans spent \$3 billion in 2007 alone on such treatments and remedies essentially created in 1796 by Samuel Hahnemann.

But now, Obama's bureaucracy is attempting to drive a stake in the heart of an extremely popular industry – and one that millions of Americans rely on for their health (and should be free to choose if that's what they want). In a public notification, the FTC is ordering makers of homeopathic products to prove they work and are effective, or state that there is "no scientific evidence that the product works."

Government now deciding all Americans should only trust "modern" medical industry

The notice added: "Homeopathy, which dates back to the late-eighteenth century, is based on the view that disease symptoms can be treated by minute doses of substances that produce similar symptoms when provided in larger doses to healthy people."

The notice went on to say that many homeopathic products are so diluted they no longer have "detectable levels" of the primary substance. Therefore, generally speaking, claims made by homeopathic product makers are "not based on modern scientific methods" and as such, are not "accepted" by establishment medicine.

In addition, the federal regulatory agency said that homeopathic drug claims allegedly not substantiated

by "competent" and "reliable" sources (that Uncle Sam also gets to pick, no doubt) may not be deceptive under the new order if the labeling includes 1) a statement claiming no scientific evidence indicates the product works; and 2) a statement noting the product's claims are only based on homeopathic medicinal theories from the 1700s "that are not accepted by most modern medical experts."

Homeopathic treatments safe and effective

Are you beginning to see where this push is coming from? If you guessed the establishment medical industry, you'd be right.

But in fact, as we have regularly reported, homeopathic medicine is effective in treating ailments and illnesses, regardless of the Obama administration's attempts to shut it down.

In fact, just days ago we reported that the concept behind homeopathic medicine is sound. It seeks not to mask or suppress symptoms, like "modern" medicine, but rather to address an overall syndrome of body and mind, and thereby strengthening the body's own ability to defend against disease. Before actually advising on a treatment, however, homeopaths consider a patient's symptoms as well as their personal traits, physical state of being, history and psychological condition.

And there is also this: The Food and Drug Administration admits that traditional medication errors account for at least one death every day, while injuring some 1.3 million people every year in the United States. In all, about 250,000 deaths annually are attributable to medication errors made by traditional practitioners of medicine. The ones the Obama FTC isn't interested in regulating.

Homeopathic medicine has no similar record of death.

Sources:

- Independent.co.uk
- FTC.gov
- NaturalNews.com

FULL STORY HERE: http://www.naturalnews.com/056169_homeopathic_medicine_FTC_government_tyranney.html

Homoeopathy Data Base

For those sceptics who still claim that there is no scientific basis for homoeopathy, there is this impressive data base with 300+ studies:

<http://researchinhomeopathy.org/database/fundamental-research/>

European Study Finds Raw Milk Boosts Immunity, Prevents Colds and Infections

By Ethan A. Huff,
December 18, 2016

Researchers and medical professionals from across Europe investigate the effects of raw milk versus boiled farm-fresh milk and commercial processed milk.

The U.S. Food and Drug Administration (FDA) claims that it's basically a death sentence for you and your children. But raw milk consumption, according to a new study published in *The Journal of Allergy and Clinical Immunology*, can actually help prevent colds, viruses and respiratory tract infections (RTIs) from forming in kids, as opposed to commercially processed milk which provides little or no health benefits.

A cohort of researchers, doctors and other medical professionals from across Europe investigated the effects of raw milk versus boiled farm-fresh milk and commercial processed milk as part of a larger investigatory project known as "PASTURE." A group of women, roughly half of whom lived and worked on livestock farms in rural areas of mostly central Europe, were recruited to participate in the research.

All of the women were in their third trimesters of pregnancy at the time of the study, and detailed consumption and lifestyle patterns, including milk-drinking

habits, were carefully evaluated and compared. In total, 983 children were included in the final data set, which revealed that milk in its pure, raw, unprocessed form is superior in terms of immune-boosting nutrition.

According to the research, raw milk works a lot like breast milk in providing protective, anti-infective health benefits to children. Compared to highly processed commercial milk, raw milk was found to help lower C-reactive protein levels, which are directly associated with inflammation. Raw milk, in other words, works against inflammation, while processed milk may help promote it due to its altered proteins.

"The main finding of this analysis was an inverse association between consumption of unprocessed cow's milk and rhinitis [cold or runny nose], RTI [respiratory tract infections], and otitis [ear infection]," wrote the authors. "The effect was strongest when cow's milk was consumed raw; boiled farm milk exhibited an attenuated effect."

Does ultra-heat-treated commercial milk promote respiratory and other health problems?

Conversely, consumption of ultra-heat-treated commercial milk, the most widely available milk product on the market, was not found to decrease levels of C-reactive protein, which appear to be a leading cause of disease. With fevers specifically, commercial milk was found to actually increase their prevalence compared to raw milk.

Raw milk, on the other hand, is associated with a roughly 30 percent decrease

in respiratory infections and fever, and could help babies and young children overcome these common ailments. Even minimally processed milk boiled directly on the farms was found to be beneficial, though much less so than true raw milk.

"[W]e are now not talking about asthma and allergies, but fever and infections in young children," stated Dr. Ton Baars, a professor and senior scientist for milk quality and animal welfare at the Research Institute of Organic Agriculture in Germany, and one of the lead authors of the study. "It means there is additional new evidence that raw milk is a protective agent in infectious diseases in young children."

Unlike in the U.S. where irrational superstition and paranoia have landed raw milk in the "dangerous" category, Europe is already widely accepting of raw milk, and increasingly so. In many countries, raw milk vending machines are prevalent on busy city streets, providing quick and easy access to fresh milk from local farms.

"In Europe, the consumption of unpasteurized milk has repeatedly correlated with protection against allergic disease," wrote Moises Velasquez-Manoff in a piece for the *New York Times* late last year.

"In America, 80 percent of the Amish studied by Dr. [Mark] Holbreich consume raw milk. In a study published earlier this year, Dr. [Bianca] Schaub's group showed that European children who consumed farm milk had more of those regulatory T-cells, irrespective of whether they lived on farms. The higher the quantity of those cells, the less likely these children were to be given diagnoses of asthma."

Sources:

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ADHD Connected to Fluoride Exposure

Fluoride can readily cross the placenta, accumulate in the infant brain and easily exert neurotoxic effects, such as decreasing norepinephrine in the parietal and

Exposure to Fluoridated Water and Attention Deficit Hyperactivity Disorder Prevalence among Children and Adolescents in the United States: an Ecological Association... Ashley J Malin & Christine Till: Environmental Health 2015 14:17DOI: 10.1186/s12940-015-0003-1. Seventy-six (76) Scientific Studies attached as article references. (EXTRACTS)

2015: (Extracts) Background: Epidemiological and animal-based studies have suggested that prenatal and postnatal fluoride exposure has adverse effects on neurodevelopment. The aim of this study was to examine the relationship between exposure to Fluoridated Water and Attention-Deficit Hyperactivity Disorder (ADHD) prevalence among children and adolescents in the United States.

(Results) ~ State prevalence of Artificial Water Fluoridation in 1992 significantly positively predicted State prevalence of ADHD in 2003, 2007 and 2011, even after controlling for socioeconomic status. A multivariate regression analysis showed that after socioeconomic status was controlled each 1% increase in artificial fluoridation prevalence in 1992 was associated with approximately 67,000 to 131,000 additional ADHD diagnoses from 2003 to 2011. Overall State Water Fluoridation prevalence (not distinguishing between fluoridation types) was also significantly positively correlated with State prevalence of ADHD for all but one year examined.

Conclusions: Parents reported higher rates of medically-diagnosed ADHD in their children in states in which a greater proportion of people receive fluoridated water from public water supplies. The relationship between Fluoride exposure and ADHD warrants future study.

Attention-Deficit Hyperactivity Disorder (ADHD) is the most common neurodevelopmental disorder of childhood. The high prevalence of ADHD is a growing public health concern because the behavioural symptoms of the disorder can seriously affect learning and academic achievement, as well as social functioning.

ADHD is considered to develop from an interaction between genetic and environmental factors [4-6], with numerous developmental neurotoxicants significantly increasing the risk for a diagnosis of ADHD. Environmental factors include prenatal and neonatal exposure to Manganese [7], Poly-Chlorinated Biphenyls (PCBs) [8,9], Nicotine [10] and Mercury [11,12], as well as childhood exposure to Arsenic [13,14], Food Additives and Food Colouring [15], Pesticides [16] and Lead [17]. Fluoride however, despite being environmentally widespread and having demonstrable developmental neurotoxic effects, at a sufficient dose [18,19], has received virtually no attention in the ADHD literature. Nevertheless, there is a burgeoning body of human and animal research indirectly suggesting that it may contribute to the disorder's onset.

occipital lobes, decreasing serotonin in the parietal lobe and increasing serotonin in the frontal and occipital lobes [42-45]. Such changes can adversely affect arousal and attention, pain tolerance, and learning and memory respectively [42,43]. Expectedly, prenatal Fluoride exposure has been associated with impaired infant neurobehavioural development. For example, infants whose mothers lived in areas with water fluoridated at 1.7 to 6 mg/L while pregnant had delayed orientation reactions when compared to those whose mothers were exposed to 0.5 to 1.0 mg/L [46].

Rats exposed to Fluoridation chemicals have been shown to exhibit ADHD-like symptoms. Male rats whose mothers were injected with 0.13 mg/L of Sodium Fluoride two to three times per day during gestation days 14-18 or 17-19 had symptoms of Hyperactivity at nine weeks of age. Moreover, impaired learning and memory have also been found among rats that drank 5 mg/L of Sodium Fluoride treated water for six months or 20 mg/L for three months [28,29]. Rats with Fluorosis also tend to have significant decreases in neural nicotinic acetylcholine receptors (nAChRs) and inhibited cholinesterase expression [30-33], both of which could interfere with attentional processes [34].

SOURCE: <http://ehjournal.biomedcentral.com/articles/10.1186/s12940-015-0003-1>

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FLUORIDE: THE SCIENTIFIC EVIDENCE OF HARM

1. Fluoride exposure disrupts the synthesis of collagen and leads to the breakdown of collagen in bone, tendon, muscle, skin, cartilage, lungs, kidney and trachea.

A.K. Susheela & Mohan Jha, "Effects of Fluoride on Cortical and Cancellous Bone Composition," *IRCS Medical Sciences: Library Compendium*, Vol. 9, No.11, pp. 1021-1022 (1981).

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2. Fluoride stimulates granule formation and oxygen consumption in white blood cells, but inhibits these processes when the white blood cell is challenged by a foreign agent in the blood.

Robert A. Clark, "Neutrophil Iodination Reaction Induced by Fluoride: Implications for Degranulation and Metabolic Activation," *Blood*, Vol. 57, pp. 913-921 (1981).

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Alfred Taylor and Nell C. Taylor, "Effect of Sodium Fluoride on Tumour Growth," *Proceedings of the Soc. for Experimental Biology and Medicine*, Vol. 119, p. 252 (1965).

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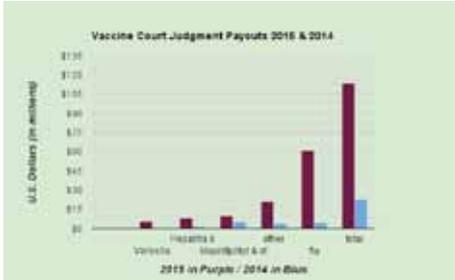
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Continued on Page 41

US Vax Court Sees 400% Spike in Vaccine Injuries

Flu Shot Wins Top 'Honours' for Biggest Payout...



Vaccine injury cases are on the rise, so if you've had your head constantly pushed into the sand it's time to get up, and wake up... Here's a little background for those of you just getting started:

Almost 30 years ago to the day Ronald Reagan (the 40th President of the United States) signed-away the rights of Americans to sue vaccine makers, replacing them with a 'Law' that forces families who have suffered Vaccine Injury or Death to sue the U.S. Government (the Taxpayer), instead of a Pharmaceutical company. As an intended result, 'Special Masters' from the United States Special Claims Court (also known for our purposes as the Vaccine 'Court') are given full authority as 'Judge with NO Jury' to decide the fate of Americans who have had the unfortunate 'luck' to be stricken by a vaccine injury, which can range from Mild, Chronic Symptoms, to Death... Once a year, this non-traditional 'court' provides the Public with a glimpse into its inner workings, by issuing an Annual Report on its website - a ritual that happens every January. The report is sent to the President of Congress (otherwise known as the Vice President of the United States) where it is intended to serve as bell weather, monitoring reactions the American public may be having to vaccinations.

Great, right? Accountability in action! Wrong. The report, which is consistently ignored by mainstream media / politicians / health officials and the CDC, lies dormant on the 'reports page' of the U.S. Special Claims Court website. No headlines. No press release. No analysis. No 'Alert to the media' - No nothing. (No surprise either, given that most people in America don't even know vaccines were ruled to be 'Unavoidably Unsafe' by the U.S. Supreme Court, in 2011.) Another media secret! Also no surprise. Mainstream, co-opted, globalist elite media constantly ignore this

report [along with the sane (but futile) arguments made by health freedom advocates about the dangers and risks of vaccine injury] - instead using terms like 'the science is in,' and 'the vaccine risk has been 'debunked,' all to DETER rational discussion pertaining to EVIDENCE that is hiding (hidden) in plain sight.

Also no surprise that the U.S. Special Claims Court offers up an ineffective, low tech, archaic version of the report every year. Instead of a nice, sort-able spreadsheet, the 'court' posts a scanned PDF document - a format that requires labour-intensive activities to conduct any sort of concrete analysis. One must either re-data-entry all 220+ pages which would take weeks, or conduct an extensive, hand-written breakdown by vaccine of each case, combined with extensive tallying and organisation efforts in order to identify statistical relevance and trends emerging from the vaccine court. Is this by design? Perhaps (wink-wink)... Most definitely it is a deterrent from having anybody actually sit down and try to analyse the damn thing. Which is exactly why WE do it, every year since 2014. Not to be deterred, it took us 10 months to finally finish our analysis of this year's report. But once we did, the trends we found were shocking - not just because of what they revealed about the continual increase in vaccine injury, but also because of the deafening silence present among the halls of Mainstream Media, as vaccine injury continues to be a subject that 'journalists' and media outlets ignore - chalking it up to yet another 'conspiracy theory' from yet another fake news site. Well, pull up a chair, because this is what we discovered:

- 1 Vaccine court settlement payouts increased in total \$91.2 million in 2015, up from \$22.8 million in 2014 to \$114 million in 2015 - a 400% increase.
- 2 Vaccine court settlement payments for flu shots increased the most, from \$4.9 million in 2014 to \$61 million in 2015, an increase of more than 1000%, despite Autumnal onslaughts every year of media/pr/ advertising campaigns urging Americans to 'get your flu shot,' with total abandon for the statistical facts coming out of the vaccine court.
- 3 Varicella (chicken pox) had the third biggest increase from \$0 in 2014 to \$5.8 million in 2015. (No surprise that shingles is on the rise among the elderly population, as recently vaccinated grandchildren continuously shed live virus to their unsuspecting elders.)
- 4 Hepatitis B was the fourth largest increase in vaccine court settlements, increasing 321% in 2015 to more than \$8 million in 2015 from \$1.9 million in 2014. TDap / DTP/DPT and D/T shots were the fifth largest increase, leaping 75% in 2014 from \$5.5 million to \$9.8.

The rest of the settlements not pictured here are: Tetanus, \$4 million; HPV \$3.4 million, up from almost nothing in 2014 (one to watch in January when the 2016 report is issued); MMR, which actually decreased from the number one position last year to under \$1 m - an 88%+ decrease in payouts; Pertussis, \$1.7 million; Thimerosal \$1.5 million; Hib, \$345k, Meningococcal \$500k, HEP A \$408k, DPT & Polio, \$210k & Rotovirus \$76k. You may have noticed we omitted the second place winner, 'other.' Here's why. 'Other' illustrates perfectly the dodgy nature of the vaccine 'court' report, and its lack of transparency in the vaccine 'court' process. Instead of identifying which combination of vaccines are being charged with injury or death and labelling the case accordingly, a 'Special Master' can decide to label a vaccine case 'other,' thereby diluting its affect on the overall numbers in the final analysis. In 2015, the 'other' category was the second largest increase in vaccine settlement payments, totalling \$21.5 million in payouts, up 388% from \$4.4 million in payouts the year before.

We're not accusing anybody of anything - but a 388% increase is a lot. What combination of vaccines is causing such an increase? Doesn't the public have a right to know? If the 'court' decided, for example, that there were too many flu shot settlements mounting for the year, couldn't it simply skew the data by categorising certain cases as 'other,' which would artificially deflate the flu category? Did we mention that these results are ONLY for the judgments - cases that are found in favour of the Plaintiff. It does NOT include the EXTENSIVE legal fees for both sides, which are paid for by the U.S. Government (taxpayer) whether the lawyer wins or loses the case? Those are categorised as costs. And instead of submitting them in the report along with any judgments that are awarded, often they are entered as separate entries, making the exercise of linking them with their judgement payouts that much harder, requiring yet another step in the arduous, analysis of data. The total dollar payout of legal fees for the vaccine court in 2015 is \$42 million.

Also, a handful of settlements in the payout is based on annuities; that means that the payouts (many of which total more than \$1 million) reoccur annually. That's because life as they knew it for some plaintiffs disappeared after their vaccine injury occurred, and the costs to care for them in perpetuity for the life of the plaintiff requires an annual sum that is often extensive. (Comment: The vast majority of Vaccine Injuries don't even make it to the Vaccine 'Court').

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Cancer Surges In Body Scanner Operators; TSA Launches Cover-Up

FOIA documents reveal how “large number of workers have been falling victim to cancer, strokes and heart disease”

Paul Joseph Watson
[Prison Planet.com](http://PrisonPlanet.com)
June 28, 2011

Fearful of provoking further public resistance to naked airport body scanners, the TSA has been caught covering up a surge in cases of TSA workers developing cancer as a result of their close proximity to radiation-firing devices, perhaps the most shocking revelation to emerge from the latest FOIA documents obtained by the Electronic Privacy Information Center.

After Union representatives in Boston discovered a “cancer cluster” amongst TSA workers linked with radiation from the body scanners, the TSA sought to downplay the matter and refused to issue employees with dosimeters to measure levels of exposure.

The documents indicate how, “A large number of workers have been falling victim to cancer, strokes and heart disease.”

“The Department, rather than acting on it, or explaining its position seems to have just dismissed. I don’t think that’s the way most other agencies would have acted in a similar situation if they were confronted with that question,” EPIC’s Marc Rotenberg said.

In an email sent to Heather Callahan, deputy federal security director at Boston Logan International Airport, union representatives express their concern about “TSA Boston’s growing number of TSOs working here that have thus far been diagnosed with cancer.”

Of course, if TSA workers who are merely standing near the scanners are already developing cancer, frequent flyers are also putting themselves in harm’s way by standing directly inside the radiation-firing machines.

As we reported yesterday, newly released internal government documents, obtained via the Freedom Of Information Act by the Electronic Privacy Information Center, reveal that the TSA, and specifically the head of the Department of Homeland Security, “publicly mischaracterized” the findings of the National

Institute of Standards and Technology, in stating that NIST had positively confirmed the safety of full body scanners in tests.

In erroneously citing both NIST and the Johns Hopkins School of Medicine to claim that the body scanners are safe, the TSA has also deliberately misled the public on the dangers posed by the devices.

Documents obtained by EPIC show that, far from affirming their safety, NIST warned that airport screeners should avoid standing next to full body scanners in order to keep exposure to harmful radiation “as low as reasonably achievable.”

Further documents illustrate how a Johns Hopkins study actually revealed that radiation zones around body scanners could exceed the “General Public Dose Limit,” contradicting repeated claims by the TSA that Johns Hopkins had validated the safety of the devices.

At the time we pointed out that Dr Michael Love, who runs an X-ray lab at the department of biophysics and biophysical chemistry at the Johns Hopkins School of Medicine had publicly stated two days previously that “statistically someone is going to get skin cancer from these X-rays”.

TSA workers complained about the radiation dangers of the scanners back in December, saying they were being kept in the dark by their employers, despite repeated requests for information.

“We don’t think the agency is sharing enough information,” said Milly Rodriguez, occupational health and safety specialist at the American Federation of Government Employees, the union that represents TSA workers.

A study conducted last year by Dr David Brenner, head of Columbia University’s center for radiological research, found that the body scanners are likely to lead to an increase in a common type of skin cancer called basal cell carcinoma, which often affects the head and neck.

Following the study, Brenner urged medical authorities to look at his work, pointing to the dangerous notion of mass

scanning millions of people without proper oversight.

“There really is no other technology around where we’re planning to X-ray such an enormous number of individuals. It’s really unprecedented in the radiation world,” said Brenner.

Similar concerns to those explored in the Columbia University study were voiced

in February 2010 by the influential Inter-Agency Committee on Radiation Safety, who warned in a report that the scanners increase the risk of cancer and birth defects and should not be used on pregnant women or children.

Despite governments claiming that backscatter x-ray systems produce radiation too low to pose a threat, the organization con-

cluded in their report that governments must justify the use of the scanners and that a more accurate assessment of the health risks is needed.

Pregnant women and children should not be subject to scanning, according to the report, adding that governments should consider “other techniques to achieve the same end without the use of ionizing radiation.”

“The Committee cited the IAEA’s 1996 Basic Safety Standards agreement, drafted over three decades, that protects people from radiation. Frequent exposure to low doses of radiation can lead to cancer and birth defects, according to the U.S. Environmental Protection Agency,” reported Bloomberg.

In a recent letter to President Obama’s Science Advisor, several University of California professors also complained of how, “There is still no rigorous, hard, data for the safety of x-ray airport passenger scanners.” The scientists noted how the safety tests for the scanners were carried out exclusively by manufacturers, and recommended an immediate moratorium on use of the devices until the health risks can be independently studied.

About the Author

Paul Joseph Watson is an editor and writer for [Prison Planet.com](http://PrisonPlanet.com). He is the author of *Order Out Of Chaos*. Watson is also a regular fill-in host for The Alex Jones Show.



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Indigestion tablets nearly double the risk of stroke (as well as heart attack, kidney disease and dementia)

Common heartburn medications you can buy at the pharmacy increase the chances of a stroke. The drugs, known as proton pump inhibitors, or PPIs, have already been found to raise the risk of a heart attack, kidney disease and dementia.

Now researchers at the Danish Heart Foundation in Denmark have added ischaemic stroke – the most common type – to the lethal roll call. It occurs when clots block blood flowing to and from the brain.

The risk increased by up to 94 per cent for one PPI, Protonix (pantoprazole), and by 30 per cent for Prevacid (lansoprazole) if people were taking them at the highest dose, although the average risk was 21 per cent.

The risk disappeared when another type of heart burn medication was tested. The H2 blockers, which include Pepcid (famotidine) and Zantac (ranitidine) didn't increase stroke risk at all, although the researchers said this didn't necessarily mean the drugs were any safer.

The risk was calculated by looking at the health profiles of 244,679 Danish people with an average age of 57, who suffered from stomach pains and indigestion. In the six years of the trial, 9,489 of the participants suffered a stroke for the first time, and the researchers checked to see if they were taking one of four PPIs, Prilosec (omeprazole), Protonix, Prevacid and Nexium (esomeprazole).

The risk increased with dose; at the lowest dose, there seemed to be no, or only little, increased risk of a stroke, the researchers found.

“At one time, PPIs were thought to be safe, without major side effects. This study further questions the cardiovascular safety of these drugs,” said lead researcher Thomas Sehested.

Most PPIs are available over-the-counter, and without a prescription, to treat indigestion, and especially heartburn and stomach acid. Many people are taking them as part of their daily routine, and this is especially worrying as their true risks are becoming better understood, the researchers say.

SOURCE: <https://www.wdty.com/news/2016/11/indigestion-tablets-nearly-double-the-risk-of-stroke-so-add-that-to-heart-attack-kidney-disease-and-dementia.html>



Omega-3 supplements may prevent a 'preemie' baby

November 23, 2016

Taking omega-3 DHA supplements when you're pregnant pretty much eliminates any risk of a premature birth. A preterm baby – born at 34 weeks or earlier – often needs emergency hospital care.

Around 106,000 high-risk preterm births could be avoided in the US alone every year if women supplemented with DHA (docosahexaenoic acid), say researchers.

Studies of DHA supplementation and premature birth show that the women with low levels of the nutrient are much more likely to give birth prematurely, say researchers from the University of Kansas. Taking the supplements can reduce the risk to just 1.5 percent.

Women in the US and the rest of the developed world typically are low in DHA, and have levels well below that reported in countries such as Japan, where more fish is eaten, says lead researcher Susan Carlson.

SOURCE: <http://www.wdty.com/news/2016/11/omega-3-supplements-prevent-a-preemie-baby.html>
[Cervical tests dangerous](#)

Discovery: Appendix role identified. It's a "safe house" for our good gut bacteria

January 16, 2017

After discovering a 'new' organ in the gut last week (see WD-DTY News), medicine has this week learned that our 'useless' appendix has a vital role in play. It's a reservoir for beneficial gut bacteria, say researchers.

The appendix is routinely removed, especially after it becomes inflamed, but the surgery could be a mistake, say researchers from Midwestern University who have researched its function across a range of different mammals.

They have discovered that the appendix has evolved in 30 different groups that have a more advanced immune system, and especially have higher concentrations of lymphoid (immune) tissue in the cecum, a sac that is between the small and large intestines.

It seems to play a vital role as a secondary immune organ, and is a 'safe house' for good gut bacteria.

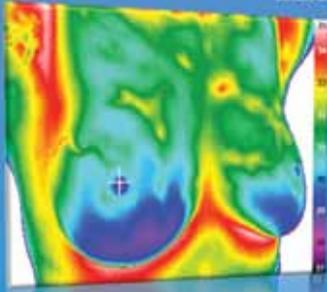
The appendix hasn't disappeared in any species, which suggests it's far from useless, and has evolved along with other parts of the intestine, say the researchers.

SOURCE:

<http://www.wdty.com/news/2017/01/dont-remove-your-appendix-its-a-safe-house-for-our-good-gut-bacteria.html>

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Dementia now striking people in their 40s as mercury from vaccines causes slow, degenerative brain damage

By David Gutierrez



Dementia and other neurological brain diseases are striking people younger and younger, according to a new study conducted by researchers from Bournemouth University in England and published in the journal *Surgical Neurology International*. These diseases have reached levels that are "almost epidemic," the researchers said, and they reached them so quickly that environmental factors must be largely to blame.

"The rate of increase in such a short time suggests

a silent or even a 'hidden' epidemic, in which environmental factors must play a major part, not just ageing," lead researcher Colin Pritchard said. "Modern living produces multi-interactive environmental pollution but the changes in human morbidity, including neurological disease is remarkable and points to environmental influences."

Death rates have more than doubled

The researchers compared the rates of neurological brain diseases in 21 Western countries from 1989 to 2010. They found that as of 2010, the average rate of onset for dementia was 10 years earlier than it was in 1989. In addition, deaths from neurological disease had increased significantly in people aged 55 to 74 and had nearly doubled in people aged 75 and older.

These changes were seen in all 21 countries, but the United States fared the worst by far. In the United States, neurological deaths in men older than 74 tripled from 1989 to 2010, and they increased nearly fivefold in women of the same age. More elderly U.S. women are now dying from brain diseases than from cancer for the first time in recorded history.

The researchers' analysis showed that the findings could not simply be explained by improved treatment of other diseases.

"Crucially it is not just because people are living longer to get diseases they previously would not have lived long enough to develop but older people are developing neurological disease more than ever before," Pritchard said.

Instead, a large part of the cause must be environmental changes that have taken place over the past two decades. "The environmental changes in the last 20 years have seen increases in the human environment of petro-chemicals, air transport, quadrupling of motor vehicles, insecticides and rises in background electro-magnetic-fields, and so on.

"These results will not be welcome news as there are many with short-term vested interests that will want to ignore them," he said.

Vaccine connection?

Could mercury exposure from vaccines play a role in the rising rates of early onset dementia? Until 2001, mercury-containing thimerosal was used as a preservative in many childhood vaccines. Even today, the substance is still used in adult vaccines as well as in some flu shots given to children and adults.

In a study published in the *Journal of Alzheimer's Disease* in 2010, researchers reviewed 100 prior experimental and clinical studies looking at the effects of mercury on cells, animals and humans. They found that long-term mercury exposure produced many of the same changes seen in Alzheimer's disease, including confusion and impairments to memory and cognitive function.

"Mercury is clearly contributing to neurological problems, whose rate is increasing in parallel with rising levels of mercury," researcher Richard Deth said. "It seems that the two are tied together."

Aluminum, another common vaccine ingredient, has also been linked to dementia. For example, a 2009 study published in the *American Journal of Epidemiology* found that people with the highest aluminum content in their drinking water also had the highest risk of dementia. Clinical studies have also directly linked aluminum to brain damage.

Both aluminum and mercury are also widely found in the environment due to contamination from other sources. Coal-burning power plants are the world's foremost source of mercury pollution and a major contributor to mercury contamination of fish. Dental fillings are also a major source of human mercury exposure.

Sources for this article include:

- AlphaFalileo.org
- SurgicalNeurologyInt.com
- CDC.gov
- FDA.gov
- Northeastern.edu
- NaturalNews.com
- AskDrSears.com
- NaturalNews.com

Learn more: http://www.naturalnews.com/050994_Alzheimers_vaccines_mercury_exposure.html

Ed note: If you are researching a vaccine you can look up the vaccine data sheet and read the list of ingredients to check that it is mercury (thimerosal) and aluminium free at this link: <http://www.medsafe.govt.nz/medicines/infosearch.asp>



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FDA Finally(!) Admits: Aspirin is Bad for You

Dr Joseph Mercola
March 8, 2014

“FDA has concluded that the data do not support the use of aspirin as a preventive medication by people who have not had a heart attack, stroke or cardiovascular problems, a use that is called ‘primary prevention.’ In such people, the benefit has not been established but risks – such as dangerous bleeding into the brain or stomach – are still present.”

Nearly 10 years prior, Dr. John G. F. Cleland, a cardiologist from the University of Hull, UK, wrote an excellent article published in the *British Journal of Medicine* casting doubt upon the efficacy of aspirin therapy for prevention of heart attacks. Based on a series of meta-analyses from the Antithrombotic Trialists’ Collaboration, an enormous body of research following more than 100,000 patients at high risk for cardiac events, Dr. Cleland concluded that aspirin therapy was not saving lives... Rather, aspirin seems to change the way vascular events present themselves. The number of non-fatal events may be reduced, but the number of sudden deaths is actually increased, because what most physicians don’t realise is that surprisingly aspirin can mask a cardiac event in progress... Dr. Cleland also found that studies touting aspirin’s benefits are seriously flawed and interpretation of those studies is biased. Since Cleland’s original study, a deluge of scientific studies has further exposed aspirin’s failure.

The following table lists, chronologically, a sampling of studies showing that taking Aspirin may do more harm than good. Regardless of whether you’re a man, woman, or diabetic, Aspirin has failed miserably. This list of studies is not comprehensive. You will find much more information in the GreenMed-Info.com database, which lists more than 60 articles about aspirin’s toxic effects.

Aspirin Increases Risk of Bleeding:

Not only has aspirin failed to reduce the prevalence of heart attacks and strokes, but the list of its adverse effects seems to grow greater the more it is studied. Chief among these is gastrointestinal bleeding, as aspirin interferes with your platelets – the blood cells that allow your blood to clot. Ac-

ording to one article, long-term low-dose aspirin therapy may double your risk for a gastrointestinal bleed. Aspirin also increases your risk for a brain bleed, especially if you are older. One study found a high mortality rate for elderly individuals who had been taking aspirin prophylactically when they suffered a head trauma, resulting in deadly brain haemorrhage.

Aspirin Destroys the Lining of the Gastrointestinal Tract: Regular aspirin use also destroys the lining of your gastrointestinal tract, increasing your risk for duodenal ulcers, *H. Pylori* infection, Crohn’s disease, diverticular disease, Inflammatory Bowel Disease (IBD), and intestinal perforations. More than 10% of patients taking low-dose Aspirin develop gastric ulcers. The damage to your duodenum can result in duodenal ulcers, which are prone to bleeding. Even

those not taking LDA. An Australian study also showed that aspirin causes gastro-duodenal damage even at the low doses used for cardiovascular protection (80mg). And Japanese researchers found that aspirin had caused “small bowel injuries” to 80% of study participants after only two weeks of aspirin therapy.

Even MORE Bad News for Bayer: Each year, 15,000 people die and 100,000 people are hospitalised as the result of aspirin and other NSAIDs – and these are probably conservative estimates. But aspirin may be one of the oldest killer drugs... Strong historical evidence points to aspirin overdose as a major contributor to high death tolls during the 1918 Influenza Pandemic... Aspirin toxicity can result in haemorrhage and fluid buildup in your lungs, which can result in death. If you are interested in the evidence for this, please read Dr. Karen Starko’s fascinating paper in *Clinical Infectious Diseases*.

Lending even more weight to Starko’s work, an animal study in 2010 suggests that treating the flu with antipyretics (such as Aspirin) may increase your risk of death. This study involved animals, but the results were compelling enough for the researchers to make an “urgent call” for human studies. Aspirin also depletes the body of important nutrients, including vitamin C, vitamin E, folate, iron, potassium, sodium, and zinc, as well as impairing melatonin production.

And in addition to aspirin’s growing list of bodily assaults, routine aspirin use has been associated with even broader health problems: Increased risk of one type of breast cancer in women (ER/PR-negative) ... kidney failure ... cataracts, macular degeneration, and blindness ... hearing loss and tinnitus. Aspirin and other NSAIDs have also been linked to a 22% increase in risk of erectile dysfunction (ED), according to Kaiser researchers who studied more than 80,000 men.

Study	Significant Cardiovascular Findings
<i>American Heart Journal</i> 2004 (WASH)	Patients receiving aspirin treatment showed the worst cardiac outcomes, especially heart failure
<i>New England Journal of Medicine</i> 2005 [7]	Ten-year study at Harvard involving nearly 40,000 women found no fewer heart attacks or cardiovascular deaths among women receiving aspirin therapy
<i>British Medical Journal</i> 2009 [8]	Aspirin therapy for diabetics produced no benefit in preventing cardiovascular events
<i>Pharmacoepidemiological Drug Safety</i> 2009 [9]	Swedish researchers studying individuals with diabetes found no clear benefit for aspirin, but did note it can increase the risk of serious bleeding
<i>Journal of the American Medical Association</i> 2010 [10,11]	Scottish study found that aspirin did not help prevent heart attacks or strokes in healthy, asymptomatic individuals with a high risk of heart disease
<i>Journal of the American College of Cardiology</i> 2010 [12]	Patients taking aspirin showed a higher risk for recurrent heart attack and associated heart problems
<i>Expert Opinions in Pharmacotherapy</i> 2010 [13]	British meta-analysis of 7374 diabetics concluded that aspirin does not lower heart attack risk

low-dose aspirin is proven to cause problems. A Japanese study found a higher incidence of bleeding at the ulcer sites of patients with duodenal ulcers taking low-dose aspirin (LDA) therapy, versus

SOURCE: <https://www.sott.net/article/283145-FDA-finally-admits-Aspirin-is-bad-for-you>

References to this article are available at the source link, above - Ed.

First Study on Vaccinated vs. Unvaccinated Children Pulled from Web

By Christina Sarich
December 1, 2016

The results of the first ever study comparing the health of vaccinated children vs. unvaccinated children are out, and they are already causing controversy. For many – hundreds of thousands of families that have already been injured by vaccines – the results won't be surprising, but to many others, the findings might be a little shocking. This is possibly why the scientific journal which originally published the results withdrew the study from publication.

The abstract of the study was published online in *Frontiers in Public Health* after being accepted November 2. The study compared children's health via surveys of mothers who home-schooled their children aged 6-12 years. Nearly 40 percent of the children had never been vaccinated, so the control group was adequate to do a good comparison against children who had been vaccinated.

After heavy criticism from the public and scientific community due to the results of the study, though, it was retracted. Why? Those that were vaccinated were three times more likely to be diagnosed with neurodevelopmental disorders (NDDs) such as autism.

The abstract specifically stated, "A total of 415 mothers provided data on 666 children, of which 261 (39%) were unvaccinated. Vaccinated children were significantly less likely than the unvaccinated to have been diagnosed with chickenpox and pertussis, but significantly more likely to have been diagnosed with pneumonia, otitis media, allergies and NDDs (defined as Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, and/or a learning disability)."

The study further concluded, "In this study based on mothers' reports, the vaccinated had a higher rate of allergies and NDD than the unvaccinated. Vaccination, but not preterm birth, remained significantly associated with NDD after controlling for other factors. However, preterm birth combined with vaccination was associated with an apparent

synergistic increase in the odds of NDD. Further research involving larger, independent samples is needed to verify and understand these unexpected findings in order to optimize the impact of vaccines on children's health."

The initial backlash was significant. Public comments included, "this study is of poor design, though not impossible results. Study relies of self-report of moms, inducing bias," and, "Another garbage vaccine study in *Frontiers* journal. Scientists, stop reviewing/publishing there." Science Blogs also quickly posted an article titled, "Antivaccinationists promote a bogus internet 'survey.' Hilarity ensues as it's retracted."



Has the CDC done a study comparing vaccinated children with unvaccinated children yet?

We have never studied vaccinated versus unvaccinated.



When the paper was pulled, the publishers were also accused of not following a proper retraction process. Though the journal isn't the first to pull a vaccine paper amid public criticism – in February, *Vaccine* temporarily removed – then soon retracted – a paper linking the vaccine for human papillomavirus to behavioral problems in mice; a modified version of the paper was later republished, the retraction is suspect considering how quickly

the paper was pulled. When the publishers were asked why this happened, they simply responded that the paper was submitted for review, but had not been approved.

Researchers like Catherine J. Frompovich likely wouldn't think the study is as "hilarious" as Science Blogs attests. She writes of a doctor in the UK who believes vaccines are indeed tied to autism. Dr. Graham Downing, who is a Neuro-musculoskeletal and Functional Medicine consultant in the UK has found that the vaccination of pregnant women increases inflammation in their bodies and also increases the risk of releasing inflammatory markers in their fetuses/infants.

Downing also contends that the increased inflammation in cells caused by vaccines, also elevate in the fetal brain where cytokines release glutamates. The prefrontal lobes and the limbic system, which involves human emotions, are affected in fetuses from pregnancy vaccines administered to moms-to-be. So, not only are children outside the womb affected, but the neurological/immunological decline starts while they are still in the womb.

So, why are vaccine promoters so quick to dismiss, a study based on mothers' health reports of their children? Bias or no bias – it's hard to dismiss a 300 percent increase in autism and neurological damage rates – but those reasons are left to your imagination.

ABOUT THE AUTHOR

Christina Sarich is a freelance writer, musician, yogi, and humanitarian. Her insights appear in magazines as diverse as *Nexus*, *Atlantis Rising*, and the Cuyamungue Institute, among others. She was recently a featured author in the Journal, *Wise Traditions in Food, Farming, and Healing Arts*, and her commentary on healing, ascension, and human potential inform a large body of the alternative news lexicon. She is also a staff writer for *Waking Times*.

SOURCE: <http://www.wakingtimes.com/2016/12/01/first-ever-study-vaccinated-vs-unvaccinated-children-removed-web/>

The **CRISIS** in “Evidence-Based” Medicine

BY PROJECT CENSORED

October 4, 2016

In April, 2015, *The Lancet's* editor, Richard Horton, wrote, “Something has gone fundamentally wrong with one of our greatest human creations.” Describing the upshot of a UK symposium held that month on the reproducibility and reliability of biomedical research, Horton summarized the “case against science”: “Much of the scientific literature, perhaps half, may simply be untrue. Afflicted by studies with small sample sizes, tiny effects, invalid exploratory analyses, and flagrant conflicts of interest, together with an obsession for pursuing fashionable trends of dubious importance, science has taken a turn towards darkness.... The apparent endemicity of bad research behaviour is alarming.”

Horton is not the first editor of a prominent medical journal to raise these concerns. In 2009, Marcia Angell, a former editor of the *New England Journal of Medicine*, made comparable claims in an article for the *New York Review of Books*: “It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as editor of *The New England Journal of Medicine*.”

Countering the pharmaceutical industry's undue influence on the medical profession, Angell concluded, would require “a sharp break from an extremely lucrative pattern of behavior.” Horton's *Lancet* editorial echoed Angell's assessment: “Can bad scientific practices be fixed? Part of the problem is that no one is incentivized to be right. Instead, scientists are incentivised to be productive and innovative.”

No biomedical study better epitomizes the corruption and conflicts of interest noted by insider critics like Angell and Horton than Study 329, a now notorious clinical trial published in the *Journal of the American Academy of Child and Adolescent Psychiatry* in 2001. Study 329 reported that paroxetine – marketed by SmithKline Beecham (now GlaxoSmithKline, or GSK) as Paxil in the US and as Seroxat in the UK – was safe and effective for treating depressed children and adolescents. A GSK marketing campaign built on the published study, touting the drug's “remarkable efficacy and safety,” led to doctors prescribing Paxil to more than two million US children and adolescents by the end of 2002.

However, within a year of the original report, the US Food and Drug Administration declared Study 329 a “failed trial” because further evidence indicated that adolescents prescribed the drug to treat depression fared no better than those on a placebo. In 2003, UK drug regulators instructed doctors not to prescribe

Seroxat to adolescents. In 2012, in what the US Department of Justice described as the “largest health care fraud settlement in U.S. history,” GSK paid a three billion dollar fine to resolve its liability over fraud allegations and failure to report safety data.

In 2015 the *BMJ* published a major reanalysis of GSK's Study 329. Charlie Cooper of the *Independent* reported that the reanalysis – conducted by an international team of researchers from Australia, Canada, the US, and the UK, and based on thousands of pages of newly available GSK data – “starkly” contradicted the original report's claims. Furthermore, Cooper noted, the reassessment of Study 329 marked “a milestone in the medical community's campaign to open up clinical trial data held by pharmaceutical companies to independent scientific scrutiny.”

As Sarah Boseley reported for the *Guardian*, the reanalysis of Study 329 found that paroxetine's beneficial effects were far less, and its harmful effects far greater, than the original study reported. In particular, by examining the full set of clinical trials data, the researchers who conducted the reassessment found that eleven of the 275 children and adolescents on the drug developed suicidal or self-harming behavior. The original study had acknowledged only five of these cases. David Healy, a psychiatry professor and one of the reassessment's coauthors, observed, “This is a very high rate of kids going on to become suicidal. It doesn't take expertise to find this. It takes extraordinary expertise to avoid finding it.” Boseley's report also documented renewed calls for the *Journal of the American Academy of Child and Adolescent Psychiatry* to retract the original GSK study, whose lead author was Martin Keller of Brown University. Peter Doshi, the *BMJ's* associate editor, observed, “It is often said that science self-corrects. But for those who have been calling for a retraction of the Keller paper for many years, the system has failed.” Neither the journal's editors, nor any of the paper's twenty-two listed authors have intervened to correct the record, and none of the authors have been disciplined, Doshi noted.

Nevertheless, as documented by Charlie Cooper for the *Independent* and Sarah Boseley of the *Guardian*, the reanalysis of the complete set of original clinical trials data for Study 329 is the first major success of a new open data initiative known as Restoring Invisible and Abandoned Trials (RIAT), which has been promoted by the *BMJ*. As Cooper reported, “The *BMJ's* final judgment on the infamous ‘Study 329’ represents a symbolic victory for the burgeoning ‘open data’ movement in health.” RIAT is part of a broader movement to force pharmaceutical companies to make all of their data available for independent scientific scrutiny. The AllTrials campaign, which calls for open publication of all clinical trials results, now has the backing of

over 600 medical and research organizations, Cooper reported. Boseley's *Guardian* article quoted *BMJ* editor in chief Fiona Godlee, who said that the reanalysis of Study 329 showed "the extent to which drug regulation is failing us." Godlee called for independent rather than industry funded and managed clinical trials, as well as legislation "to ensure that the results of all clinical trials are made fully available" to third-party scrutiny. Both news stories noted the cooperation of GlaxoSmithKline in making the original data available for reanalysis. GSK posted 77,000 pages of de-identified case reports from the trial on a website – though, it should be noted, the company was obliged to do so under the terms of their settlement.

Richard Horton's *Lancet* editorial received no coverage in the US corporate press. The *Washington Post* featured one story on the reanalysis of the original paroxetine study. The article provided a great deal of information about the misrepresentation of the original study – including, for instance, that the discrepancy between the original report and the *BMJ* reanalysis was partly due to "the miscoding of a serious suicide attempt as 'emotional lability,' a temporary condition that involves uncontrollable episodes of crying." However, the *Washington Post* report made only passing mention of the open data movement and did not identify any of the specific initiatives (such as RIAT or AllTrials) by name. Otherwise, the corporate press ignored the reassessment of the paroxetine study.

In May 2014, President Obama signed the Digital Accountability and Transparency Act. Although it requires federal agencies to

make data – including funding sources for clinical trials – publicly available, the DATA Act's requirements do not apply to privately funded biomedical research.

SOURCE: Richard Horton, "What is Medicine's 5 Sigma?," *Lancet* 385, no. 9976, April 11, 2015, <http://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736%2815%2960696-1.pdf>.

Charlie Cooper, "Anti-Depressant was Given to Millions of Young People 'After Trials Showed It was Dangerous'," *Independent*, September 16, 2015, <http://www.independent.co.uk/life-style/health-and-families/health-news/anti-depressant-was-given-to-millions-of-young-people-after-trials-showed-it-was-dangerous-10504555.html>.

Sarah Boseley, "Serozat Study Under-Reported Harmful Effects on Young People, Say Scientists," *Guardian*, September 16, 2015, <https://www.theguardian.com/science/2015/sep/16/serozat-study-harmful-effects-young-people>.

Student Researchers: Joshua Gill-Sutton and Adaeze Iroka (San Francisco State University)

Faculty Evaluator: Kenn Burrows (San Francisco State University)

SOURCE: <http://projectcensored.org/2-crisis-evidence-based-medicine/>

Five Autism-Free Zones in a Sea of Autism, Showing Indisputable Epidemiologic Evidence of a Vaccine-Autism Causal Relationship

A telephone survey commissioned by the nonprofit group Generation Rescue compared vaccinated with unvaccinated boys in nine counties of Oregon and California [15]. The survey included nearly 12,000 households with children ranging in ages from 4 to 17 years, including more than 17,000 boys among whom 991 were described as completely unvaccinated. In the 4 to 11 year bracket, the survey found that, compared with unvaccinated boys, vaccinated boys were 155% more likely to have a neurological disorder, 224% more likely to have ADHD, and 61% more likely to have autism... For the older boys in the 11-17 year bracket, the results were even more pronounced with 158% more likely to have a neurological disorder, 317% more likely to have ADHD, and with 112% more likely to have Autism. [15]

In addition to the Generation Rescue Survey, there are three autism-free oases in the United States. Most publicised are Amish communities, mainly studied in Ohio and Pennsylvania [16]. The Amish are unique in their living styles in largely self-sustaining communities. They grow their own food. Although they have no specific prohibitions against medical care, very rarely do they vaccinate their children. In local medical centres available to the Amish, most centres reported that they had never seen an Amish autistic child. The only Amish children that were seen as a rule were those with congenital disorders such as fragile X. The one autistic Amish child that was discovered during the surveys had been taken to a medical office for an ear infection, where the child was incidentally vaccinated, probably without the mother's consent.

The second is the Florida-based medical practice of Dr. Jeff Bradstreet. While treating several thousand autistic children in his practice, Bradstreet has observed, "There is virtually no autism in home-schooling families who decline to vaccinate for religious reasons." [17] The third, the "Homefirst Health Services" located in Chicago, has a virtual absence of autism among the several thousand patients that were delivered at home by the medical practice, and remained non-vaccinated according to the wishes of the parents [18].

Clusters of autistic children have also been found among parents with occupational exposures to chemicals prior to conception [19], and in children exposed prenatally to organochlorine pesticides [20].

SOURCE: <https://vactruth.com/2012/03/13/vaccines-human-animal-dna/>

Ed note: Exposure to electromagnetic radiation is another potential factor in the development of autism which may act synergistically with other toxic exposures.

The Dangers of Cancer Screening

By Dave Mihalovic
December 12, 2016

It happens more often than you can imagine, but more doctors are finally getting caught in the act of misrepresenting their oath and fraudulently diagnosing healthy patients with cancer to turn a quick buck from kickbacks on chemotherapy poisons.

Why shouldn't doctors lie when the entire cancer industry is one gigantic fabrication from start to finish?

Is it any wonder that cancer societies worldwide put a far greater financial initiative on chemotherapy and radiation research than disease prevention techniques? Preventing disease doesn't make money, but treating disease certainly does.

Take Dr. Farid Fata, a prominent cancer doctor in Michigan who admitted in court one year ago to intentionally and wrongly diagnosing healthy people with cancer. Fata also admitted to giving them chemotherapy drugs for the purpose of making a profit.

Were his patients shocked? You bet they were. Who would ever suspect a doctor of faking a diagnosis to collect money. It's unconscionable. Yet it happens with cancer and almost every disease that medical doctors can generate income through kickbacks and commissions based on the volume of patients treated with specific pharmaceuticals. Like anything people are used as a commodity. "Many of these unscrupulous physicians are like businessmen without a conscience. The only difference is they have your health and trust in their hands – a very dangerous combination when money is involved," said Dr. Sayed Mohammed, a retired oncologist who admits seeing the trend more than a decade ago.

"It is my choice," Fata said on Tuesday of his surprise guilty plea, which included rattling off the names of numerous drugs he prescribed for his patients over the years. In each admission, he uttered these words: "I knew that it was medically unnecessary."

Fata was charged with running a \$35-million Medicare fraud scheme that involved billing the government for medically unnecessary oncology and hematology treatments.

The government says Fata ran the scheme from 2009 to the present, through his medical businesses, including Michigan Hematology Oncology Centers, with offices in Clarkston, Bloomfield Hills, Lapeer, Sterling Heights, Troy and Oak Park.

According to the government, Fata had a patient load of 1,200 people and received \$62 million from Medicare; he billed for more than \$150 million.

U.S. Attorney Barbara McQuade said she plans to seek life in prison for Fata, calling his case is "the most egregious" health care fraud case her office has seen. She said Fata not only bilked the government – which is typical in such cases – but he also harmed patients.

Lying with Statistics

Prostate cancer is another great example which doctors falsely give prognoses about without giving patients the facts. A prostate (PSA) blood test looks for prostate-specific antigen, a protein produced by the prostate gland. High levels are supposedly associated with prostate cancer. The problem is that the association isn't always correct, and when it is, the prostate cancer isn't necessarily deadly. Only about three percent of all men die from prostate cancer. The PSA test usually leads to over-diagnosis – biopsies and treatment in which the side effects can be impotence and incontinence. Biopsies may spread cancer cells into the track formed by the needle, or by spilling cancerous cells directly into the bloodstream or lymphatic system. More than 90% of doctors who encourage cancer treatment for prostate cancer will generate a commission from each treatment the patient receives. It proves risky and often deadly in the long run for most people who don't understand how to take care of their health and are persuaded by false statistics.

Dozens of excellent large studies have been done on men who have had cancer discovered in their prostate with a biopsy. In over 97% of the cases this cancer either never spreads outside of the gland to cause harm or the patient dies of something else long before any evidence of cancer spreading outside of the prostate occurs. [PSA testing has not been conclusively shown to reduce prostate cancer mortality at any age or life expectancy - see <http://jamanetwork.com/journals/jama/fullarticle/204142> – Ed.]

In that 3% where cancer is aggressive and harms the patient, it has already spread beyond the limits of surgical resection long before discovery; thus, these men are not helped by surgery either. After at least seven years of post-college graduate medical education on the emotional, mental, and physical condition of the human being, you would expect a physician to be a powerhouse of goodwill for his or her patients. Unfortunately, too many doctors fail to keep the welfare of their customers at the forefront, as their main concern. The needs to boost their own egos, self-preservation, and the quest for more money often result in inappropriate care and harm to the patient. Most women are often told that hysterectomies lead to cures for cancer and other ailments. This is misrepresenting the truth.

The research done so far has demonstrated no improvement in survival regardless of the aggressiveness of many of these unnecessary treatments. Breast cancer screenings also result in an increase in breast cancer mortality and fail to address prevention. Despite no evidence ever having supported any recommendations made for regular periodic screening and mammography at any age, malicious recommendations from the Society of Breast Imaging (SBI) and the American College of Radiology (ACR) on breast cancer screening are now suggesting that breast cancer screening should begin at age 40 and

"Only about 3 percent of all men die from prostate cancer."

earlier in high-risk patients. Published in the *Journal of the American College of Radiology (JACR)*, the recommendations released by the SBI and ACR state that the average patient should begin annual breast cancer screening at age 40. They also target women in their 30s if they are considered "high risk" as they stated. The rate of advanced breast cancer for U.S. women 25 to 39 years old nearly doubled from 1976 to 2009, a difference too great to be a matter of chance and more about diagnoses.

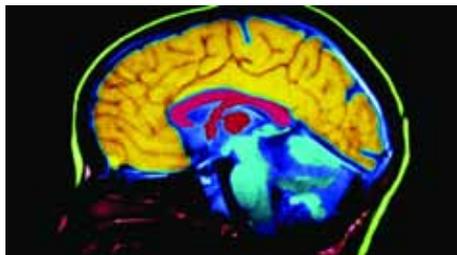
A disturbing study published in the *New England Journal of Medicine* is bringing mainstream attention to the fact that mammography has caused far more harm than good in the millions of women who have employed it over the past 30 years as their primary strategy in the fight against breast cancer.

It always has been and always will be about the money. It is not time to recognize the trend?

SOURCE: <http://www.naturalblaze.com/>

Radiation from two CT scans could trigger Alzheimer's - Study

By Brian Hubbard



Radiation from CT (computerised tomography) or CAT scans could be increasing the risk of Alzheimer's disease. Just having two of the medical tests in a lifetime starts changing our brain molecules, a new research paper has discovered.

A standard dose of ionizing radiation from the scan – which creates a 3-D model of our organs – alters the molecules in the hippocampus, and starts to create patterns that are typical in an Alzheimer's patient, say researchers from the University of Southern Denmark.

People could probably get away with having just one scan, says lead researcher Stefan Kempf, but he's concerned about the cumulative effects of having several. Even low radiation doses, equivalent to two CT scans, could trigger molecular changes in the brain that cause cognitive dysfunction, a common symptom of Alzheimer's disease.

The researchers exposed laboratory mice to doses of radiation that were a thousand times smaller than humans receive in a standard CT scan, and yet it altered molecules in their hippocampus.

People are also exposed to ionizing radiation in airplanes, but levels are far lower than those from CT scans.

SOURCE: Oncotarget, 2016; doi: 10.18632/oncotarget.12376

GSK pulls HPV vaccine from US market as take-up rates tumble

October 31, 2016

With take-up rates falling, drug giant GlaxoSmithKline (GSK) has pulled its HPV vaccine, Cervarix, from the US market, and America's health regulators, the Centers for Disease Control and Prevention, has introduced a two-dose schedule for the one remaining HPV vaccine, Gardasil, designed to prevent cervical cancer.

GSK shipped its final batch of Cervarix at the end of August, and has announced it is pulling the vaccine because of "very low market demand." The vaccine generated just £3m of revenues in the US for GSK last year.

When the two vaccines were launched, drug industry analysts were forecasting annual sales of up to \$10bn, but safety concerns have dampened the take-up among teenage girls, and they have achieved just a 40 percent coverage of the market.

The CDC is increasing the dosage that must be given from one shot to two, after a committee recommended the new schedule and CDC director Tom Frieden immediately sanctioned the suggestion. The move is being supported by a new advertising campaign that is urging parents to have their teenage daughters vaccinated.

Ed note: *In NZ, there are plans to extend HPV vaccination to boys. An article about NZ girls who became ill following HPV vaccinations may be read in issue 19 of this Journal.*

SOURCE: <http://www.wddty.com/news/2016/10/gsk-pulls-hpv-vaccine-from-us-market-as-take-up-rates-tumble.html>

New Study: Now 1 in 6 American adults takes antidepressants or other psych drugs

By Melissa Dykes
December 13, 2016

The number used to be one in ten, but according to new data, one out of every six adult Americans is taking antidepressants or some other type of psychiatric drugs now.

What that breaks down to is "Overall, 16.7 percent of 242 million U.S. adults reported filling one or more prescriptions for psychiatric drugs in 2013," according to research published today in *Journal of the American Medical Association's JAMA Internal Medicine*.

The majority of psych drugs taken were antidepressants, with 12%; another 8.3% take anti-anxiety medications, sleeping pills or sedatives, while 1.6% straight up takes antipsychotics.

What's more? The majority who take these drugs, or eight out of ten, take them long-term – 84.3% having refilled at least three prescriptions in 2013. Wow. That means nearly 17% of American adults are on mind-altering prescrip-

tion medications and most of them will be forever.

In 2011, it was also reported that Americans consume 80% of the world's pain medication. So are we the most hurt, depressed group of people on the planet or what?

About the Author:

Melissa Dykes is a writer, researcher, and analyst for The Daily Sheeple and a co-creator of Truthstream Media (<http://truthstreammedia.com/>) with Aaron Dykes, a site that offers teleprompter-free, unscripted analysis of The Matrix we find ourselves living in.

The Pill raises risk of depression, especially in teenagers

October 5, 2016

A new study confirms that the Pill needs to be taken with caution. It raises the risk of depression, with teenage girls being the most vulnerable: they are 80 per cent more likely to be taking an antidepressant as well.

The greatest risk seems to be with the combined oral contraceptive – containing a mixture of synthetic hormones – which is the most commonly-prescribed version of the Pill. Women taking the combined Pill were 25 per cent more likely also to be taking an antidepressant, but the risk rose to 80 per cent among teenage girls aged from 15 to 19.

The risk has been highlighted in a major research study, involving more than one million Danish women aged between 15 and 34. On average, the women were 23 per cent more likely to suffer from depression than those not taking the Pill, and were taking an antidepressant for the first time.

The risk rose to 34 per cent in those taking progestin-only pills, which use synthetic progesterone, and it doubled for women using contraceptive patches.

Researchers from the University of Copenhagen suspect that progestins may be to blame for the depression as previous studies have shown these can have a negative effect on mood. In particular, it may interfere with the nervous system.

SOURCE:

<http://www.wddty.com/news/2016/10/the-pill-raises-risk-of-depression-especially-in-teenagers.html>

Standard prostate cancer treatment doubles dementia risk

October 17, 2016

Prostate cancer treatment ADT (androgen deprivation therapy) doubles the chances of dementia, a new study has discovered. It's the standard treatment for prostate cancers that have spread— and doctors perhaps need to start looking for a safer alternative, say researchers.

ADT lowers testosterone levels, but this also seems to have an impact on the patient's chances of developing dementia or Alzheimer's disease years later.

In the new study, researchers from Stanford University tracked the progress of 1,829 prostate cancer patients for five years after they had been given ADT. In that time, 7.9 per cent developed dementia compared with 3.5 per cent of other prostate cancer patients who weren't given ADT. "The risk is real and depending on the prior dementia history of the patient, we may want to consider alternative treatment," said lead researcher Dr Nigam Shah.

The risk was greatest among men who were aged 70 and older and who had been taking ADT for at least a year.

SOURCE: <http://www.wddty.com/news/2016/10/standard-prostate-cancer-treatment-doubles-dementia-risk-1.html>

Young are dangerously deficient in vitamin D

October 24, 2016

The UK's "safe sun" policy is producing a generation of children who are depleted of vitamin D, and who could suffer serious bone loss in the years ahead, a new study has discovered. Adolescents aged from 14 to 18 have dangerously low levels of vitamin D – described as the "sunshine vitamin" – at a time when their bone mass is still developing, say researchers from the University of Surrey.

The levels of the vitamin were checked at the end of the summer when they should have been at their highest following a summer in the sun, the researchers discovered when they analysed blood samples from 110 teenagers.

Adolescents are more likely to want to stay indoors anyway, say the researchers, but years of "safe sun" advice can't have helped, especially as it's based on exposure to the heat and sun of Australia, which is far more intense than that experienced in Northern climates.

At the very least, say researchers, adolescents should be supplementing with D3 vitamins, especially during the winter when the sun is too weak to naturally replenish the body's vitamin D levels.

During the study, half the adolescents were given varying doses of vitamin D supplements and the rest had a placebo, or dummy supplement, for 20 weeks during the winter. The researchers recommend that adolescents supplement with between 10 and 30 ug vitamin D3 every day, especially in the winter. SOURCE: <http://www.wddty.com/news/2016/10/young-are-dangerously-deficient-in-vitamin-d.html>

Surgeon faces disciplinary hearing for reversing diabetes

'inappropriately'

An orthopaedic surgeon is facing disciplinary proceedings for reversing a patient's diabetes "inappropriately". Dr. Gary Fettke, an Australian doctor who has already been barred from advocating a high-fat diet, had recommended the approach to his patient.

Although the patient's type 2 diabetes reversed, Dr. Fettke had gone against current dietary advice, which recommends a low-fat, high-carbohydrate diet to prevent heart disease and diabetes.

The new charge was made almost immediately after a secret hearing of Australia's medical regulator, the Australian Health Practitioner's Regulatory Authority (AHPRA), had banned Dr. Fettke from talking about a high-fats diet or treating patients with it.

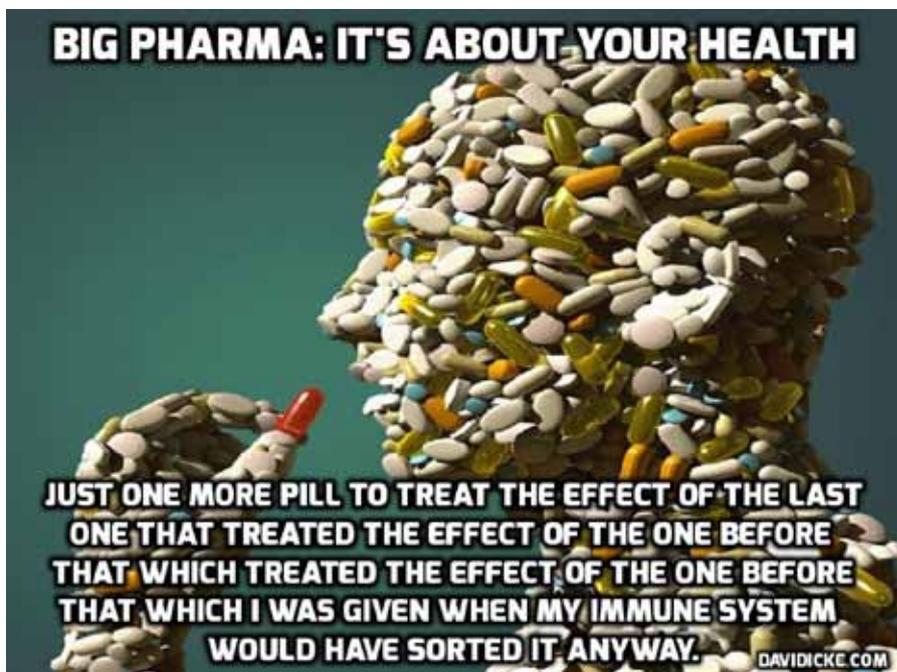
In his testimony, Dr. Fettke, who practises in Tasmania and lectures at the local university, had told the AHPRA: "My patients are lying around in hospital with obesity-related conditions, amputated limbs and non-healing rotting flesh. I believe it is the nutritional advice that they have been given that has put them there in the first place."

He said that the evidence for the low-fats diet was "wanting in substance and riddled with vested-interest politics."

The case against Dr. Fettke was brought by a dietitian, who has remained anonymous, on the grounds that Dr. Fettke wasn't qualified in nutrition, and so wasn't trained to give advice on diet.

Since proceedings began, Dr. Fettke has suffered threats and harassment; a photograph of his family's kitten being stabbed was left on his locker door at the hospital, and he has also been subject to cyber-bullying.

SOURCE: <http://wddty.com/news/2016/12/surgeon-faces-disciplinary-hearing-for-reversing-diabetes-inappropriately.html>



Eight glasses of water a day?

It's an urban myth, and one that could prove dangerous

October 12, 2016

It's an urban myth that we need to drink eight glasses of water a day. In fact, say researchers, drinking too much could even be fatal.

Instead of following a strict plan, it's better to just listen to our body and drink when we're thirsty, say researchers from Monash University in Australia. Our brain has a 'swallowing inhibition' that stops us drinking when we have had enough—but if we over-ride that and continue drinking, we can even kill ourselves.

The researchers point to several cases of marathon runners who drank too much water before the race and died of water intoxication, or hyponatremia, which happens when sodium levels in the blood become abnormally low as a result, causing lethargy, nausea, convulsions, coma and death.

To test the body's natural regulator, the researchers asked participants to rate the amount of effort needed to drink water after they were thirsty following exercise, and then again later when they weren't thirsty. Drinking water when they weren't thirsty took three times the effort, they found.

But although we don't need to drink eight glasses a day, we do need to drink enough water, and that's especially true for older people, the researchers say.

SOURCE: <http://www.wddty.com/news/2016/10/eight-glasses-of-water-a-day-its-an-urban-myth-and-one-that-could-prove-fatal.html>

Teeth infections triple heart disease risk

September 28, 2016



People who have untreated teeth infections and gum disease are nearly three times more likely to suffer from heart disease.

Although a link between teeth and gum health and cardiovascular disease is already known, the new study says the risk is far greater than earlier research had suggested. Poor gum health is also linked to diabetes, Alzheimer's disease

and problems with pregnancy.

Researchers from the University of Helsinki in Finland monitored the heart health of 508 patients with an average age of 62; of these, 169 had acute heart problems, and the researchers found a direct correlation between that and tooth and gum infection that hadn't been treated.

Those who had good oral health were far less likely to also have a heart problem, but others whose teeth infections had not been treated had a 2.7 times greater risk of cardiovascular disease.

A root infection typically manifests as an abscess, but sometimes infection doesn't have any obvious symptoms. Aside from getting infections treated, people should brush their teeth twice a day and cut down on sugary food and drink, says the Oral Health Foundation.

SOURCE: <http://www.wddty.com/news/2016/09/teeth-infections-triple-heart-disease-risk.html>

Russian State Duma Passes Total Ban on GMO Crops and Animals

Russia's State Duma has adopted the third and final reading of a government bill that introduces a total ban on the cultivation and breeding in Russia of genetically modified (GM) plants and animals, except for scientific research purposes.

The State Duma has also given the Russian Government the right to prevent the import of products containing GMOs in to Russia, if it is revealed that a specific GMO has a negative impact on human health and/or the environment

Russia's Agriculture Minister, Alexander Tkachev, stated Friday; "The Ministry of Agriculture is strongly against GMOs, Russian products will remain clean."

The initial first reading of the government bill was held in 2015 and this was followed by the second reading in the State Duma earlier this week. The additions in the final bill included the introduction of fines that will be placed on people or companies that violate the ban: a fine of 10,000-50,000 (\$150-\$750) rubles for individuals and 100,000-500,000 rubles for legal entities (\$1,500-\$7,500).

The Russian Government has stood strong in the face of increasing pressure from U.S. biotech companies and they have also managed to see through the Russian pro-GMO forces' misleading claims and pseudoscience.

In December 2015, Russian President Vladimir Putin told the Russian Parliament that Russia should become the world's largest supplier of organic foods.

Also in 2015, Russian Deputy Prime Minister Arkady Dvorkovich stated that it is not necessary to use genetic modification to feed the world, at the 12th International 'Science and Technology in Society (STS) forum' in Kyoto, Japan.

This strength shown by the Russian government was also shown early in 2016 when they dealt a huge blow to U.S. farmers, by banning all imports of U.S. soybeans and corn due to microbial and GMO contamination.

Source: tass.ru

Almost No Children In France Are Medicated For ADHD: Here's How They Define & Treat It

By Kalee Brown
October 28, 2016

According to the Centers for Disease Control and Prevention (CDC), approximately 11% of American children between the ages of 4 and 17 have been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) as of 2011. However, if you ask the American Psychiatric Association (APA), they maintain that even though only 5% of American children suffer from the disorder, the diagnosis is actually given to around 15% of American children. This number has been steadily rising, jumping from 7.8% in 2003 to 9.5% in 2007.

Big Pharma has played a significant role in manufacturing the ADHD epidemic in the U.S., convincing parents and doctors that ADHD is a common problem amongst children and one that should be medicated. However, many countries disagree with the American stance on ADHD, so much so that they have entirely different structures for defining, diagnosing, and treating it. For example, the percentage of children in France that have been diagnosed and medicated for ADHD is less than 0.5%. This is largely because French doctors don't consider ADHD a biological disorder with biological causes, but rather a medical condition caused by psycho-social and situational factors.

Why France Defines ADHD Differently

French child psychiatrists use a different system than American psychiatrists to classify emotional problems in childhood.

Instead of using the APA's Diagnostic and Statistical Manual of Mental Disorders (DSM), the French use an alternative classification system produced by the French Federation of Psychiatry called Classification Française des Troubles Mentaux de L'Enfant et de L'Adolescent (CFTMEA). Not only does this significantly differ from the APA's system, but it was actually created with the intention to "offer French child psychiatrists an alternative to DSM-III" because it didn't complement French psychiatric practices. The CFTMEA encourages psychiatrists to identify the underlying issues that cause a child's symptoms and to address them using a psychopathological approach.

France defines ADHD as a sociological disorder that's caused by a set of social situations, whereas the U.S. sees ADHD as a neurological disorder whose symptoms are the result of biological dysfunction or a chemical imbalance in the brain. France's definition of ADHD drastically differs from that of the U.S., which is in part because the pharmaceutical industry helped define ADHD in the U.S. France's treatment methods, therefore, also greatly differ from those practiced in the U.S.

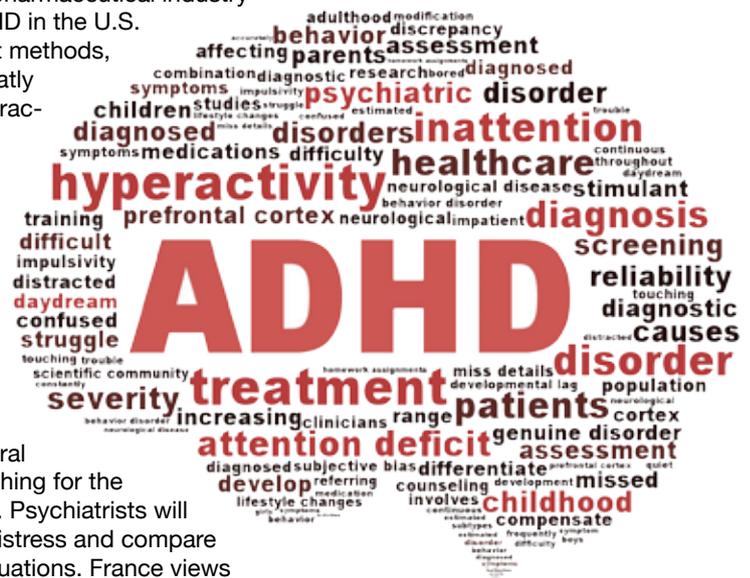
Treatment Methods for ADHD Used in France

Once a French psychiatrist diagnoses their patient with ADHD, they hone in on the behavioural problems by searching for the underlying causes. Psychiatrists will study the child's distress and compare it to their social situations. France views

ADHD as a social context problem; therefore, ADHD is often treated with psychotherapy or even family counselling. Very rarely do French psychiatrists prescribe medications to treat ADHD, as it's usually rendered unnecessary after taking a more holistic approach.

It's important to note that French psychiatrists also consider a patient's diet when searching for the causes of behavioural symptoms associated with ADHD. Poor eating habits such as consuming foods with artificial colours or flavourings, preservatives, sugars, and/or allergens may worsen a child's behaviour. This isn't difficult to imagine; even as adults we can feel the effects certain foods have on our mood, energy levels, and thought processes.

SOURCE: <http://www.collective-evolution.com/2016/10/28/almost-no-children-in-france-are-medicated-for-adhd-heres-how-they-define-treat-it/>



Neem plant reverses prostate cancer

October 5, 2016

The neem plant could reverse prostate cancer. In just 12 weeks, it has reduced the size of tumours by 70 per cent, and halved the rate of growth of the cancer.

The astonishing results have been seen in tests on laboratory mice that were given nimbolide pills, which contain an active compound from the neem plant (*Azadirachia indica*). There were no adverse reactions to the supplement.

Researchers from the National University of Singapore think that nimbolide directly targets an enzyme that plays a key role in the development of prostate cancer.

The neem plant is routinely used in Ayurvedic medicine, the traditional medicine of the Indian sub-continent, and its leaves and bark are often found in many personal care products, including soaps, toothpaste, skincare aids and dietary supplements.

Although other studies have shown that neem has cancer-fighting properties, the researchers say that theirs is one of the first to show the biological mechanisms that are taking place.

SOURCE: <http://www.wdty.com/news/2016/10/neem-plant-reverses-prostate-cancer.html>

Popular “Diet” Ingredient Now Linked to Leukemia and Lymphoma

As few as one diet soda daily may increase the risk for leukemia in men and women, and for multiple myeloma and non-Hodgkin lymphoma in men, according to new results from the longest-ever running study on aspartame as a carcinogen in humans. Importantly, this is the most comprehensive, long-term study ever completed on this topic, so it holds more weight than other past studies which appeared to show no risk. And disturbingly, it may also open the door for further similar findings on other cancers in future studies.

The most thorough study yet on aspartame – Over two million person-years

For this study, researchers prospectively analyzed data from the Nurses’ Health Study and the Health Professionals Follow-Up Study for a 22-year period. A total of 77,218 women and 47,810 men were included in the analysis, for a total of 2,278,396 person-years of data. Apart from sheer size, what makes this study superior to other past studies is the thoroughness with which aspartame intake was assessed. Every two years, participants were given a detailed dietary questionnaire, and their diets were reassessed every four years. Previous studies which found no link to cancer only ever assessed participants’ aspartame intake at one point in time, which could be a major weakness affecting their accuracy.

One diet soda a day increases leukemia, multiple myeloma and non-Hodgkin lymphomas

The combined results of this new study showed that just one 12-fl oz. can (355 ml) of diet soda daily leads to:

- 42 percent higher leukemia risk in men and women (pooled analysis)
- 102 percent higher multiple myeloma risk (in men only)
- 31 percent higher non-Hodgkin lymphoma risk (in men only)

These results were based on multi-variable relative risk models, all in comparison to participants who drank no diet soda. It is unknown why only men drinking higher amounts of diet soda showed increased risk for multiple myeloma and non-Hodgkin lymphoma. Note that diet soda is the largest dietary source of aspartame (by far) in the U.S. Every year, Americans consume about 5,250 tons of aspartame in total, of which about 86 percent (4,500 tons) is found in diet sodas.

Confirmation of previous high quality research on animals

This new study shows the importance of the quality of research. Most of the past studies showing no link between aspartame and cancer have been criticized for being too short in duration and too inaccurate in assessing long-term aspartame intake. This new study solves both of those issues. The fact that it also shows a positive link to cancer should come as no surprise, because a previous best-in-class research study done on animals (900 rats over their entire natural lifetimes) showed strikingly similar results back in 2006: aspartame significantly increased the risk for lymphomas and leukemia in both males and females. More worrying is the follow on mega-study, which started aspartame exposure of the rats at the fetal stage. Increased lymphoma and leukemia risks were confirmed, and this time the female rats also showed significantly increased breast (mammary) cancer rates. This raises a critical question: will future, high-quality studies uncover links to the other cancers in which aspartame has been implicated (brain, breast, prostate, etc.)?

There is now more reason than ever to completely avoid aspartame in our daily diet. For those who are tempted to go back to sugary sodas as a “healthy” alternative, this study had a surprise finding: men consuming one or more sugar-sweetened sodas daily saw a 66 percent increase in non-Hodgkin lymphoma (even worse than for diet soda). Perhaps the healthiest soda is no soda at all.

Source

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Study links brain bleeding to energy drinks

A 57 year-old male in Alabama was preparing to do a little yard work. He decided he needed more than the regular shot of caffeine from his morning brew. His health history wasn’t perfect, as reported by Medicalpress.com, but he wasn’t concerned. He’d been experiencing high blood pressure and was at an “increased risk for vascular disease.” On this particular morning, the man paid no attention to the extra caffeine, “β-phenylethylamine hydrochloride, yohimbine and green tea extract” that he was about to imbibe. In fact, it was the first energy drink he’d ever had, which remains unnamed. More than likely some genetically engineered sugar and a few other nasty artificial flavors were swirling in that bottle as well.

He probably didn’t read the label, and wouldn’t have known what some of those toxic chemicals were anyway. And he didn’t notice that his eight ounce bottle actually had two servings of four ounces each. The rake and wheelbarrow were calling his name, so he just downed the whole thing. It didn’t take long for those ingredients to wreck havoc in his brain. He was dizzy, his right arm was numb and he couldn’t walk right. Fifteen minutes later when he was in the middle of a hemorrhagic stroke. His brain had begun to bleed.

He got to the ER and was immediately transferred to the stroke unit. He survived but still has “residual effects.” Anand Venkatraman, M.D, at the University of Alabama Birmingham, led a case study about this event, the first of its kind. It was published in the American Journal of Emergency Medicine. Many energy drink ingredients, said Venkatraman, are unregulated. And the interactions and the dosing of these substances is also an unknown factor. They can also mimic amphetamine, says Dr. Venkatraman, while “several are known to stimulate the sympathetic nervous system.”

This can trigger the “flight or fight” response, which can lead to higher blood pressure and affect those with vascular disease, says Dr. Venkatraman. This rise in pressure has the potential to break an already weakened blood vessel. The CT scan of the man in the case study showed a “small hemorrhage near the left thalamus.” Dr. Venkatraman drinks an occasional energy drink himself, but he warns people not to take risks:

“Read the label and be informed . . . There is potential for a serious outcome.”

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VITAMIN D ALERT

Insufficient Sun Exposure Declared A Public Health Emergency



By Dr. Mercola

Vitamin D is a steroid hormone produced in your body with the help of cholesterol molecules

when you expose significant amounts of skin to the sun. It is an essential vitamin that interacts with a number of different systems in your body.

One of the best ways to optimize your vitamin D blood levels is to get sensible sun exposure, taking great care never to get burned.

Deficiency is very common in the U.S. but many Americans mistakenly believe they are not at risk simply because they eat foods fortified with vitamin D, such as milk. Before 2000, many physicians had not considered the possibility you could be deficient in vitamin D.

With advancing technology and research, it has become clear that vitamin D deficiency in the U.S. is rampant and this deficiency significantly impacts the development of many different health conditions.

Researchers estimate 85 percent of children in industrial cities and well over half of adults and elderly suffer from deficiency. [1]

The elderly may be at greater risk as they not only spend less time outside, but also produce approximately 30 percent less

vitamin D than a younger person with the same sun exposure. Limiting your outdoor exposure and consistently wearing sun screen may also increase your risk of vitamin D deficiency.

A recent paper in *Dermato-Endocrinology* reviewed the current science for the risks and benefits of sun exposure and found insufficient exposure in the U.S. has become a major public health problem.

Insufficient Sun Exposure Has Become a Public Health Risk

In the late 1950s Coppertone began marketing their product, designed to help you get a suntan without the burn. [2] Over the subsequent years researchers have theorized exposure to the sun would increase your risk of skin cancers and have recommended sun protection anytime you're outside. [3]

However, this has overlooked the health benefits of sun exposure without burning. In response to public health recommendations to limit sun exposure, lead researcher Dr. David Hoel writes: [4]

“The body of science concerning the benefits of moderate sun exposure is growing rapidly, and is causing a different perception of sun/UV as it relates to human health.

“Melanoma and its relationship to sun exposure and sunburn is not adequately addressed in most of the scientific literature.”

Historically, research identified benefits of sun exposure, linking it with prevention of rickets and production of vitamin D. In further scientific inquiry researchers began to focus on health risks, specifically the development of skin cancers.

Research has also determined outdoor workers have a lower incidence of melanoma, the most aggressive form of skin cancer, than do indoor workers. [5] In the past 15 years, thousands of studies have been published linking the production of vitamin D with protective health benefits.

However, there is still considerable controversy over the optimum level of vitamin D for health, and not just prevention of disease. In their paper, Hoel's team identified several effects that a deficiency in vitamin D may have on your health, half of which account for the top 10 leading causes of death in the U.S. [6]

With adequate sun exposure and vitamin D levels, public health officials may make a significant impact on the number of deaths attributed to these diseases. According to the authors: [7]

Insufficient sun exposure has become a major public health problem, demanding an immediate change in the current sun-avoidance public health advice. The degree of change needed is small but critically important.

FULL STORY HERE:
<http://healthimpactnews.com/2016/insufficient-sun-exposure-is-declared-a-public-health-emergency/>

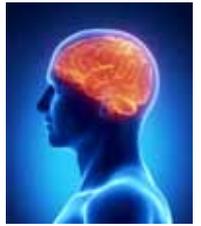
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What Happens To **Your Brain** When You Check Your Smartphone



Several studies have now indicated various potential negative health effects from using mobile phones right before sleep. Here's a quick summary plus five simple tips for what you can do.

A scientific study [1] has found that using a cell phone before bed can cause insomnia. The study indicated that during laboratory exposure to 884 MHz wireless signals, components of sleep believed to be important for recovery from daily wear and tear are adversely affected. 3 hours exposure to 884 MHz radiofrequency (a typical carrier frequency for cell phones) exposure resulted in prolonged time to reach deep (Stage 3) and shortened deep (Stages 3 and 4) sleep.

Additional adverse health effects attributable to smartphone usage include a diminished quantity and quality of sleep due to an inhibited secretion of melatonin.[2] Research has also demonstrated that exposure to artificial light at night – for example from a laptop or cell phone screen, affects the brain – suppressing the sleep hormone melatonin, diminishing quantity and quality of sleep. We need darkness in order for our circadian rhythm to be maintained and optimized. [2] However it goes further – melatonin suppression has been linked to numerous severe conditions, including cancer, impairment of the immune system, type 2 diabetes, metabolic syndrome, heart disease and obesity. [3]

Recent research as indicated that staring at screens right before sleep turns out to be a lot worse than previously thought. Dr. Dan Siegel, clinical professor of psychiatry at the UCLA School of Medicine, explains that sleep is vital for our neurons to rest, while the glial cells remove the toxins that were generated by the neurons during the day. [2]

What You Can Do

- Stop using your cell phone and computer 2+ hours before bedtime.
- If you must use electronic devices, turn down the screen brightness.
- Sleep in complete darkness or as close to it as you can. Thick curtains can block street lights from outside. Eye covers, similar to those provided on flights, can be used. If you need a night light, dim red light is advised as this is thought least disruptive to the circadian rhythm.
- Try Uvex Skyper orange tint glasses. At only around \$9 on Amazon, they block the blue light emitted from all your electronic devices and are getting rave reviews from people who are saying they really help their sleep patterns.
- Spend more time in bright light during the

day. This has been shown to improve mood and also helps the body's circadian rhythms.

In summary:

Let your body know when it is daytime and when it is night by controlling the amount of blue and white light received by the eyes during daylight and nighttime hours.

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Ed note: A wired internet connection is safer than a wireless one. See this link for details of how to enjoy an inexpensive hard-wired connection: <http://www.naturalmedicine.net.nz/childrens-health-and-development/protect-your-health-with-an-inexpensive-safe-hardwired-internet-connection/>





Nearly All Patient Advocacy Groups Funded By Big Pharma

By Carol Adl
December 3, 2016

A new study reveals that almost all US patient advocacy groups are funded and led by the drug industry

Patient advocacy groups are supposed to be unbiased and independent authorities championing the public interest with regard to drug and medical issues before the FDA.

They claim to represent the true voice of constituents, untainted by special interest bias.

RT reports:

“It turns out that at least 39 of 42 patient advocacy groups – or 93 percent – received funds from pharmaceutical companies, while at least 15 have drug company reps on their governing boards, according to research by David Hilzenrath at the Project on Government Oversight (POGO).

“Patient advocacy groups add a lot to drug-related legislation in the Congress. A study from 2014 showed that 43 percent of public comments on the House version of a bill came from patient advocacy groups.

“However, as the latest report by POGO suggests, their comments are far from being independent.

“For example, a group called ‘The United Patient Voice’ has two major pharmaceutical company leaders on its board, Pharmaceutical Research and Manufacturers of America (PhRMA) and Biotechnology Innovation Organization (BIO), as well as representatives from key drug companies – Sanofi, Johnson & Johnson, and Alkermes.

“And they don’t just sit there, it would seem. PhRMA provided \$1.2 million in

funds for the group two years ago, and 77 percent of its financial support came from pharmaceutical and biotech industries, according to POGO.

“Another group, the Leukemia and Lymphoma Society, was given at least \$1 million in funding from such drug and medical companies as Bristol-Myers Squibb, Celgene, Genentech, Gilead, Novartis, Pharmacocyclics/Janssen, and Takeda Oncology.

“On the group’s board, one can find Joseph Kelley, a vice president of government affairs for the Eli Lilly company, as well as Bristol-Myers Squibb executive Renzo Canetta and Dana Callow of PAREXEL, a liaison to drug companies on clinical trials.

“And the list goes on and on. There are eight pharmaceutical executives on the board of Cancer Support Community, the head of EveryLife Foundation for Rare Diseases is also surprisingly the CEO of drug company Ultragenyx, and the Juvenile Diabetes Research Foundation gets tens of millions of dollars in support from the drug industry and had its 2016 gala openly hosted by PhRMA.”

The report sums up, “Instead of assuring patients an independent voice at the FDA, the meetings with so-called patient and consumer advocacy groups might have given the pharmaceutical lobby additional avenues for promoting its agenda.”

What does this all mean, and why could it be important to find about now?

The news comes just a couple of days after House legislators passed a groundbreaking \$6.3 billion bill called the 21st Century Cures Act, paving the document’s way to the Senate.

The bill is a bipartisan effort that has been in development since April 2014, with its main idea being that FDA approval processes are out of date and prevent potentially lifesaving drugs from reaching patients. The document aims to accelerate drug and device innovation and boost the funding needed for research, but also – and here is one of the key points of concern – help drugs get to the market faster.

Over 1,400 lobbyists have been pushing for the bill, and it was approved in a 392-26 vote. The above mentioned National Health Council and EveryLife Foundation were among the 217 patient advocacy groups that sent a letter supporting the act in mid-November.

Meanwhile, Senator Bernie Sanders has slammed the bill, branding it a collection of “corporate giveaways that will make drug companies even richer.”

“At a time when Americans pay, by far, the highest prices in the world for prescription drugs, this bill provides absolutely no relief for soaring drug prices. The greed of the pharmaceutical industry has no limit,” he stated a few days ago.

Senator Elizabeth Warren has echoed his concerns, saying on Monday, “I cannot vote for this bill. I will fight it because I know the difference between compromise and extortion,” while criticizing her fellow Democrats for not fighting the bill, despite recent changes in it that would introduce cuts to Medicare, as well as loosen regulations in order to permit drug companies market their products to treat conditions that hadn’t been part of their approval from the Food and Drug Administration.

Scientists also share the politicians’ concerns

Rita Redberg, editor of *JAMA Internal Medicine*, a medical journal, wrote in August of 2015, that the new rules could mean a dangerous trade-off. “In our rush to find new effective treatments, we should not harm our patients with ineffective toxic ones,” he cautioned, as cited by Vox media outlet.

Hilzenrath’s report also has issues with changes in the FDA’s approval methods that would come with the new legislation, with so-called “patient-reported outcomes” and “real world evidence” vying with the more credible clinical trials.

If the fears of the bill’s critics come true, “the approval of undeserving drugs could not only harm people but also spur wasteful spending by consumers, private health plans, and government programs,” the study warns.

SOURCE: <http://yournewswire.com/nearly-all-patient-advocacy-groups-funded-by-big-pharma/>

Contaminated Food from China

Now Entering the U.S. (and NZ, Australia)

Under the **Organic Label**

By J. D. Heyes
December 21, 2016

The Chinese food production industry is one of the world's least-regulated and most corrupt, as has repeatedly been proven time and again. Now, it appears, there is no trusting anything that comes from China marked "organic."

Natural Health 365 reports that several foods within the country are so contaminated that Chinese citizens don't trust them. What's more, the countries that import these tainted foods are putting their citizens at risk.

U.S. Customs personnel often turn away food shipments from China because they contain unsavory additives and drug residues, are mislabeled, or are just generally filthy. Some Chinese food exporters have responded by labeling their products "organic," though they are far from it.

There are several factors at play which make Chinese claims of organic unreliable. First, environmental pollution from unrestrained and unregulated industrial growth has so polluted soil and waterways with toxic heavy metals that nothing grown in them is safe, much less organic. Also, there is so much fraudulent labeling and rampant corruption within the government and manufacturing sectors that it's not smart to trust what is put on packaging.

In fact, farmers in China use water that is replete with heavy metals, Natural Health 365 noted in a separate report. In addition, water used for irrigation also contains organic and inorganic substances and pollutants. Chinese "organic" food is so contaminated that a person could get ill just by handling some of it.

'Dirty water' is all there is

The report noted further:

"This is reality – all of China's grains, vegetables and fruits are irrigated with untreated industrial wastewater. The Yellow River, which

is considered unusable, supports major food producing areas in the northeast provinces."

Many Chinese farmers won't even eat the food they produce, if you can believe that. That's because it's clear that China's water pollution issues are so pronounced that it threatens the country's entire food supply.

Chinese farmers have said there is no available water for crops except "dirty water." As part of the country's industrial prowess, it is also one of the largest producers (and consumers) of fertilizers and pesticides, Water Politics reported.

"The site noted further that as China's industrial might grows, so too does the level of contaminants in the country's water supply. Lakes, rivers, streams and falling; water tables are becoming more polluted by the year."

In addition to man-made pollutants, animals produce about 90 percent of the organic pollutants and half of the nitrogen in China's water, say experts at the Chinese Academy for Environmental Planning. There are times when water is so polluted it turns black – yet it is still used to irrigate crops, and of course, that affects so-called organic farming operations as well.

These nine foods are particularly vulnerable to becoming tainted, Natural Health 365 noted:

- **Fish:** Some 80 percent of the tilapia sold in the U.S. come from fish farms in China, as well as half the cod. Water pollution in China is a horrible problem. so

any fish grown there are suspect.

- **Chicken:** Poultry produced in China is very often plagued with illnesses like avian flu.

- **Apples and apple juice:** Only recently has the U.S. moved to allow the importation of Chinese apples, though American producers grow plenty for the country and the world.

- **Rice:** Though this is a staple in China and much of the rice in the U.S. comes from there, some of it has been found to be made of resin and potato.

- **Mushrooms:** Some 34 percent of processed mushrooms come from China.

- **Salt:** Some salt produced in China for industrial uses has made its way to American dinner tables.

- **Black pepper:** One Chinese vendor was trying to pass off mud flakes as pepper.

- **Green peas:** Phony peas have been found in China made of soy, green dye and other questionable substances.

- **Garlic:** About one-third of all garlic in the U.S. comes from China.

Shop wisely.

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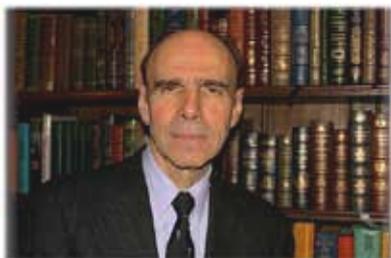
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SOURCE: NaturalNews.com



Sex and Nutrition

By Richard A. Kunin, M.D.



Health and sex go together. In fact, loss of sexual desire and function is a sign of physical illness and mental depression. Anyone afflicted with loss of sexual responsiveness should seek a medical evaluation. While illness is not commonly found

in cases where loss of libido is the sole presenting complaint, there is an over-all 2 out of 3 probability of a physical cause in formal medical studies of sexual impotency. This increases to 90 percent for those older than age 50.

These numbers reflect improved diagnostic techniques of the past decade, particularly penile tumescence studies and doppler ultrasound examination of circulation. But the facts have not yet caught up with many who still believe that 90 percent of impotency is psychological and if you can't make it in bed you should try the couch instead. Unfortunately, the practical results of psychotherapy for sexual impotence have not been much to brag about. Does nutrition have anything to offer? Should we serve hot foods on the couch?

This is not merely a joke. Vasoactive intestinal peptide, which is stored in the intestinal wall, turns out to be the most likely neurotransmitter of penile erection. If this is substantiated by further research, it may provide the rationale for the sexually stimulating effects of hot foods and irritants, such as *cantharides* ("Spanish fly").

Sexual arousal and intercourse are successful only when the nerves and blood vessels that service the sexual organs are healthy. For example, in diabetes, the excess glucose in the blood stream damages the lining of the blood vessels as well as the nerves that convey signals from the sex organs. As a result, diabetics often lose sexual feeling and all too often become totally unable to respond. Impotence, lack of sexual feeling or weakening of erection or climax, is an early symptom of diabetes. Prevention is the best treatment and this can be as simple as increasing dietary fiber and limiting intake of sugars. Many holistic and orthomolecular physicians have seen mild diabetics, particularly of the adult-onset type II, who have been able to reduce or discontinue the use of insulin when they improved their diet and lifestyle.

Other discoveries hold further promise in diabetes. The bioflavonoid quercetin (not rutin or hesperidin) has demonstrable ability to prevent transformation of the excess blood glucose into glucitol, the form that damages blood vessels. It also has anti-histamine effects that further protect against blood vessel damage. Trace minerals, especially chromium and perhaps vanadium, show promise in lowering blood sugar and thus protecting against sugar damage to small blood vessels and nerves. The use of the accessory nutrient, inositol, which is commonly depleted in diabetes, can also prevent and reverse such nerve damage.

A buildup of fatty deposits in the penile arteries can weaken or

defeat penile erection. Fortunately, this condition can be improved surgically but preventive measures should be taken long before impotence occurs. A high fiber, low fat diet is our most widely accepted method of prevention. However higher fat intakes do not necessarily interfere with circulation, particularly in those who assure themselves an adequate supply of omega-3 essential fatty acids from fish or flax oils and extra vitamin E. These interact to enhance circulation by generating prostaglandin hormones that dilate blood vessels, inhibit platelet clumps and soften the red blood cells, which thus pass through the small vessels more easily. The use of gamma linolenic acid from evening primrose, black currant or borage seed oil, is also useful, especially in diabetics. It is interesting to find chestnut puree among the traditional aphrodisiacs. It is a rich source of omega 3 fatty acids.

The B vitamin, niacin, also acts to dilate blood vessels, lower blood cholesterol and fats and improve circulation. It has a deserved reputation for improving sexual performance but the dose must be individualized. By reducing histamine it can act as a mild natural relaxant at the same time, thus taking the edge away from premature ejaculations, the bane of many a relationship. Extra magnesium, tryptophan and other amino acids are also useful in this regard.

Other vitamins and mineral nutrients are also important factors in sexual vitality.

Vitamin A is essential to the production of both male and female sex hormones. Without vitamin A, cholesterol cannot be converted to steroid hormones, neither adrenal stress hormones or gonadal sex hormones. Thus, Vitamin A deficiency is tantamount to chemical castration and deficiency is not all that rare. Folklore has it that saltpeter, potassium nitrate, has been used to control sexuality in prisons. If so, it would work by destroying vitamin A. However, this would be at risk of causing severe illness, blindness and even death.

Closer to home, even in our supposedly well-fed country various surveys show up to 20 percent of Americans to be low in vitamin A. One reason for vitamin A deficiency is the fact that consumption of eggs, liver and whole milk products is in decline. Also, most people erroneously believe that vegetables contain sufficient vitamin A. The fact is that vegetables do contain pro-vitamin A, i.e. carotene, but many people, particularly those with diabetes, low thyroid or liver trouble, are unable to transform carotene into retinol, the active form of vitamin A in the human body.

Vitamin B6 can affect sexuality in at least two ways: by stimulating the gonadotrophin hormones that evoke sex hormones in both men and women and by decreasing the production of prolactin, a hormone that diminishes the sexual appetite. Deficiency of B6 is fairly common, particularly in women on birth control pills, which increases the requirement, and also in those of us who are exposed to hydrazine type medications, such as anti-depressants. Food preservatives are another drain on B6 since hydrazines are commonly used to keep potatoes from sprouting. Extra amounts of B6 are also indicated for those who drink

alcoholic beverages regularly and those with liver ailments. Liver, salmon, walnuts, wheat germ, brown rice and yeast are high in B6 but cannot attain the 50 mg dose necessary to test these effects. Also, it may take over a month for the hormonal effects to build up.

Folic acid is often deficient in this land of abundant but cooked and processed foods. Mood depression is an early sign of folate deficiency, not only because of the vital role for this vitamin in the chemistry of nerve transmitters but also in the production of sex hormones. Folic acid is particularly important in women of child-bearing age because deficiency is a proven frequent cause of birth defects. Loss of libido is an early warning sign and though this vitamin is abundant in liver, legumes, asparagus and green-leafy vegetables, it is also easily destroyed by cooking and food processing. Therefore I recommend that everyone take a vitamin supplement with at least 400 mcg of folic acid. Even if you are not concerned about libido, the general health benefits are worth it.

Vitamin E is also known by the chemical name, tocopherol,

“Mood depression is an early sign of folate deficiency, not only because of the vital role for this vitamin in the chemistry of nerve transmitters but also in the production of sex hormones.”

derived from the Greek word for fertility. It was recognized over 50 years ago that when this vitamin was removed from the diet, no offspring were born. This turns out to be very important in breeding race-horses and zoo animals. Controversy continues to rage, nevertheless, about the reports of increased sex drive from this vitamin, and these anecdotal reports have not been taken seriously in the medical journals despite the fact that the vitamin is also known to increase the pituitary gonadotropin hormones, which turn on the sex glands. Vitamin E also protects the sex hormones and the cell membranes of the gonads from damage by peroxidation. Luckily, most of us are willing to try safe remedies on the basis of testimonials, even without permission from the medical profession, or the world might be a less happy place. Beans, nuts, seeds and vegetable oils are sources of this important antioxidant nutrient. Perhaps we should think of them as "happy foods." However, for test purposes, capsules containing at least 100 international units of d-alpha tocopherol acetate or succinate are more reliable than food sources. Give it a month or two before you make up your mind about the results.

Manganese. This mineral has well documented aphrodisiac effects, first observed on a large scale amongst manganese miners in Chile. Unfortunately, the miners, who inhaled the ore

dust in the course of their work were pleased by their enhanced sexual powers and kept on mining. Ultimately the toxic overload of manganese caused damage to nerve cells, rendering some of the men impotent and suffering with permanent nerve damage and parkinsonism. Nevertheless, taking manganese supplements by mouth is not dangerous and the likelihood of improved libido and sexual performance is so high that manganese is worth a try in all who feel that they need a "lift."

Zinc, especially rich in meat, dairy products and shellfish is better known than manganese but not more potent. It is catalytic in the body chemistry of the sex hormones, particularly testosterone, which stimulates sex drive and is present naturally in both men and women. Even vitamin C is essential for lifelong sexuality. Sound far-fetched? Then you need to know that vitamin C is good for more than the common cold. It is absolutely essential to the production of hormones, both the adrenal stress hormones and the gonadal sex hormone, rather much like vitamin A. One thing all of the above nutrients have in common is that they are subject to depletion by personal stress, poor diet, over-cooking, food preservatives and environmental pollutants.

Clever use of supplements, preferably with the guidance of a nutrition-oriented physician, who can use laboratory assistance to diagnose specific nutrient imbalances and deficiencies, is the modern way to assure that you achieve the best possible health.

Remember, low energy, low mood and low libido are early signs of nutrient shortages.

Two newly appreciated trace minerals may also contribute to sexual vitality, especially in our later years. Molybdenum, present in beans and mushrooms, is required for full activity of vitamin A in the tissues and cells of the body and for activation of the sex hormones. Boron, also concentrated in beans but also in other vegetables and fruits, is associated with deficiency of vitamin A.

Those of you who read this column and improve your health habits by "Putting Nutrition First" are likely to live longer and better and to experience healthy aging. So it is a comfort to know that old does not mean cold and aging does not rule out an active sex life. Both men and women can continue to be, if not sexual sprinters, at least sexual joggers well into your nineties. Loss of sex drive is a great disappointment and a let-down at any time in life; it is also an early warning sign to tend to your nutrient intake.

Continued on page 54

Continued from Page 17

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SOURCE: <http://all-natural.com/fleffect/>

DHEA

The Most Versatile Hormone



Restoring Youthful Levels of DHEA Provides an Astonishing Cornucopia of Benefits

Old age must be resisted and its deficiencies restored. – Cicero

In contemplating our own sexual self-image, we often forget that sexuality is a slightly fuzzy concept. Hormonally, none of us is either completely male or female, because we all have a bit of the opposite sex in our blood – literally. Men have a preponderance of the male hormone testosterone, with a little of the female hormone estrogen, and women have just the reverse. In this article, we will see how dramatically our sex hormones can affect our response to a certain nutritional supplement.

It is well known that males treated with female sex hormones become feminized not only in appearance but also in behavior, and females treated with male sex hormones become similarly masculinized. Men and women are thus different not only in their physical beings but also in their inner selves. How we view ourselves, how we think about things, and how we behave depend to a significant degree on our sex – or, to be more accurate, on our various sex hormones and the balance among them.

The differentiation begins early in life. No matter how hard some politically correct parents may try to rear their hapless children in a gender-neutral manner from day one, their little boys typically gravitate to toy trucks and guns as they grow older, and their little girls just as typically insist on playing with dolls and tea sets. Mother (Father?) Nature always has the last say-so.

WHERE DO SEX HORMONES COME FROM?

In terms of biological activity, it's hard to imagine anything that more profoundly affects our sense of well-being and our very sense of identity than the sex hormones, of which there are five principal ones: testosterone, progesterone, estrone, estradiol, and estriol. (The last three are collectively referred to as estrogen. And did you notice that four

of the five sex hormones predominate in women? Is that fair?) So it is natural to wonder where they come from, exactly. We know that they're manufactured primarily in our gonads (testicles and ovaries), but from what?

Surprisingly (or perhaps not, if you're a biochemist), the male and female sex hormones are not much different in molecular structure. They are amazingly similar, in fact, because all of them are steroids derived from the same precursor molecules. It all starts with cholesterol, the human body's most prevalent steroid, which is synthesized in the liver from smaller molecules. Through a long, complex series of reactions, cholesterol spawns a host of other steroids, many of which are hormones (cholesterol itself is not). Among the most important of these hormones is pregnenolone, which is a precursor to the one that this article is about: dehydroepiandrosterone, mercifully called DHEA for short.

DHEA: A BIT OF MYSTERY, A BIT OF PARADOX

Our adrenal glands – those small, caplike organs sitting on top of our kidneys – manufacture most of the body's DHEA, along with about 150 other hormones. Actually, about 90% of the DHEA produced is quickly metabolized to DHEA sulfate (DHEAS), but the distinction between these two forms of the hormone is not usually important. (For more on this, see the sidebar "What the Body Does With DHEA.")

Strangely, although DHEA is by far the most abundant steroid hormone in our blood, we still know relatively little about its functions in the human body. We do know that it is a precursor to both testosterone and estrogen, yet DHEA itself is classified as an androgen (a male sex hormone). In the weird world of sex hormones, this kind of paradox is not unusual. Another hormone that is a precursor to both testosterone and estrogen is the female hormone progesterone (whose immediate parent in this complex web of biochemical pathways is pregnenolone).

The overall balance of sex hormones in our bodies is governed by many factors,

the net result of which is our sexual identity, both physical and mental, along with many other aspects of our health and sense of well-being. As we age, the levels of many (but not all) of our hormones drop dramatically, and subtle shifts occur in the balance among them. Many researchers believe that some of the notable signs of aging, such as shrinking muscle mass and decreasing bone density, are related to this age-associated decline in hormone production.

DOES SUPPLEMENTING WITH HORMONES IMPROVE HEALTH AND LIFESPAN?

This relationship suggests an obvious question: Can supplementation with hormones improve the health and perhaps even the lifespan of people who are otherwise healthy and free of incipient hormonal disorders (such as a low-thyroid condition that has not yet manifested any clinical symptoms)?

In one arena, hormone replacement therapy, the answer is definitely yes (see "What Women Want to Know About Natural Progesterone" – *Life Enhancement* magazine Nov. 2000). In addition, the use of pregnenolone – in both sexes – is of value for learning and memory, among other benefits (see "Pregnenolone Review" *Life Enhancement* magazine – Jun. 1999). And there is growing evidence that supplementation with DHEA can also greatly improve the quality of life for both men and women – although not always in the same ways or to the same extent, because of our different hormonal makeups.

DHEA HAS A BROAD SPECTRUM OF BENEFITS

Following are the principal benefits of DHEA supplementation, as described in detail in an excellent book on the subject by Dr. Ray Sahelian, *DHEA: A Practical Guide*.¹

- Improved energy, mood, and memory. For most people who use DHEA – men and women with age-related low levels – there is no doubt that supplementation increases energy and improves mood, thus enhancing their overall sense of well-being, both physical and mental. Typical reactions include enhanced alertness, better sleep, and better ability to cope with stress. (There are even reports of increased REM sleep, the phase of sleep associated with dreaming.) These features alone make DHEA well worth considering as a nutritional supplement. Some people also report improvements in memory, although this feature has not been as well confirmed by clinical trials

(it is well established in animal studies, however).

DHEA's effects on mental functions are less surprising when we realize that it is not just a sex hormone but also a neurohormone that is manufactured in small amounts in the brain (by cells called astrocytes). Animal experiments suggest that, among the steroid hormones, DHEA and its parent, pregnenolone, play a special role in the human brain. And recent research has shown a marked antidepressant capability of DHEA, even in patients with major clinical depression who are resistant to conventional antidepressant medications (see "DHEA A Better Antidepressant" *Life Enhancement* magazine - Jul. 99).

- Enhanced libido. Many, but not all, users of DHEA – particularly women – notice an increase in libido. This may be due to a slight but significant increase in testosterone levels, which has a pro-sexual effect. The effect is dramatically evident in older women, who have been reported to experience not only increased desire but also increased sexual activity and satisfaction (see DHEA Can Help Keep Women in Love – *Life Enhancement* magazine Jun. 2000). These women also showed distinct improvements in bone density (which helps to counter osteoporosis) and various aspects of skin health.

- Strengthened immune function. As we age, we make ever fewer antibodies to pathogens, and our immune systems become weaker. We thus become more and more susceptible to infections, which are the fourth leading cause of death, after heart disease, cancer, and stroke. Animal studies show improvements in immune function caused by DHEA, and the results of more limited human studies are also promising. Under some circumstances, DHEA appears to stimulate the production of antibodies and also of natural killer cells; the latter seek and destroy not only viruses, but also abnormal cells that are prone to become cancerous.

- Resistance to autoimmune diseases. These are diseases in which, in a cruel irony, the body's immune system mistakes parts of the body as foreign invaders and attacks them. One such disease is systemic lupus erythematosus, or lupus for short. Lupus causes painful and swollen joints, skin rash, and mouth ulcers, among other symptoms. It afflicts about four times as many women as men and is not age-related. There is growing evidence that DHEA can alleviate the symptoms of this disease, especially in mild to moderate cases. (See also DHEA Combats the Autoimmune Disease Lupus in *Life Enhancement*, April 2000.)

There is also some evidence that DHEA

may help with other autoimmune diseases, notably rheumatoid arthritis (but not osteoarthritis, which is not an autoimmune disease). This painful disease afflicts about 2% of the population and is most common in older women.

- Enhanced weight loss. There is evidence that DHEA helps promote weight loss in laboratory animals, and perhaps in humans as well, although the results are inconsistent, and it is unclear what the operative mechanism is. It may involve appetite suppression or thermogenesis (fat burning) or both. A curious observation is that, in men who lose weight without DHEA supplementation, the natural levels of this hormone tend to rise. This is not true of women, however – still more evidence of the different ways in which this remarkable hormone is metabolized by the two sexes.

- Resistance to heart disease. Countless studies on rodents have shown positive effects of DHEA. In humans, there is a correlation between heart disease and low levels of DHEA, especially in men, but if there is a causative effect (a correlation does not necessarily imply a causation), it is not yet clear whether low DHEA causes heart disease, or vice versa. If DHEA supplementation does prove to be valuable in helping to prevent heart disease, it appears that the primary beneficiaries will be men.

- Resistance to diabetes. Here too, rodent studies are very promising. There is some evidence in humans that DHEA increases insulin sensitivity, thus counteracting the age-related tendency toward insulin resistance, which can cause or exacerbate diabetes. Thus, it is believed that DHEA may prove to be beneficial against type 2 (adult-onset) diabetes, but probably not against type 1 (juvenile-onset) diabetes.

- Resistance to osteoporosis. We saw above that elderly women taking DHEA experienced improved bone density. This is in keeping with the observation that postmenopausal women in general are more likely to have stronger bones if their DHEA levels are high for their age, and weaker bones if they are low. It is believed that the conversion of DHEA to estrogen by osteoblasts (cells that are involved in bone formation) is responsible for this effect, as estrogen is important in maintaining bone density after menopause. Paradoxically, however, androgens (notably testosterone) are also known to be "bone builders" in women, so it is possible that the androgenic effects of DHEA contribute to improved bone density as well.

- Resistance to cancer. Consider this one an open question. Laboratory studies on

mice and rats have demonstrated that DHEA inhibits the development of experimental tumors of the liver, breast, lung, colon, skin, and lymphatic tissue, among others. This is encouraging, but because rodents are so different from humans with regard to natural DHEA levels (see the sidebar "Are Men Like Mice?"), it is a large leap from these results to what might be expected in humans. Much more research – on humans – is needed.

- Extended lifespan. Most studies of DHEA's effect on the lifespan of rodents have shown a positive life extension. Reliable data on humans are not available, mainly because humans live so much longer than rodents in the first place that controlled studies would take many years, even decades, to accomplish. Nonetheless, some veteran DHEA researchers are optimistic that this hormone may ultimately prove to confer longevity benefits on us as well as on our small furry friends.

NEW STUDY EXAMINES DHEA METABOLISM AND SAFETY

A distinguished team of French researchers has recently published a study in which the objective was to examine the metabolism of orally administered DHEA in healthy elderly humans, and particularly to determine whether the proposed dosages of 25 and 50 mg daily were physiological doses that did not lead to an excess of DHEA or any of its metabolites.² The study was randomized, double-blind, and placebo-controlled (a crossover design, in which all the subjects acted as their own controls).*

The subjects were 12 men and 12 women (average age 68 ± 4 years) who had not had any health problems over the previous month, were not obese, and were not heavy smokers. Some were on hormone replacement therapy (which was withdrawn for at least one month prior to the tests) or were taking medications for hypertension, high cholesterol, or osteoarthritis. For the tests, they were given 25 or 50 mg of DHEA or placebo daily for two 8-day periods separated by a 2-week washout interval.

In describing this study, it is necessary to distinguish between DHEA and DHEAS. At baseline, the serum DHEAS levels were significantly higher (about 130%) in men than in women; this is typical. By contrast, there was no gender difference in the serum DHEA levels. After administration of DHEA, the serum levels of DHEAS rose rapidly in proportion to the dose. In men, both the 25-mg and 50-mg doses restored levels to the normal range for young adults. In women, the 50-mg dose induced peak levels of DHEAS, on day 8 of the test, just above those ob-

served in young adults. The DHEA levels also showed significant increases in both sexes, to just above the normal values for young adults. At no time was there an accumulation of excess hormone of either form, in either sex. There was no mention of any side effects.

DHEA IS GENDER-SPECIFIC, AND SAFE

Overall, the serum DHEA levels after DHEA administration at either dosage were higher in women than in men (but the serum DHEAS levels remained higher in men). Even allowing for the fact that the women were receiving more DHEA per unit of body weight, it appears that DHEA is metabolized differently in the two sexes (which comes as no surprise after all we've seen above). The results suggest that women might require smaller doses of DHEA in a long-term regimen than men would.

The authors' principal conclusion from this study was that a 50-mg dose of DHEA in healthy elderly men and women is a safe and potentially effective dose for further studies, and on this basis they selected 50 mg as the preferred dose for their larger study.³

DHEA'S ORIGIN AND DOSAGE

The DHEA in high-quality supplement capsules is not obtained from human beings or primates, but from wild yams of the genus *Dioscorea*, found in abundance in the southern United States and Mexico. The yams contain a compound called diosgenin, which is converted to DHEA in the laboratory. Our bodies are unable to duplicate this chemical process, so certain products containing unprocessed extracts of yams and sold as "natural DHEA" or "DHEA precursor complexes" are worthless for their intended purpose. Caveat emptor.

Most DHEA formulations contain 25 or 50 mg of the hormone, a dose range that is considered to be safe and effective, especially in light of the new research cited in this article. Nevertheless, it is prudent to test one's levels, at the start of supplementation and as one proceeds. Some people may benefit just as much from smaller doses, and larger ones maybe required for some people. Testing can help this determination. For larger amounts, however, it is important to consult your healthcare professional before proceeding. Side effects are minor and uncommon, especially with low doses. The two reported most often are acne and unwanted facial hair in women. These can be eliminated by reducing the dosage or stopping altogether.

RESISTING OLD AGE WITH DHEA

Those for whom supplementing with DHEA is appropriate may expect to realize some combination of benefits in the areas of energy, mood, and memory; libido; immune function; weight loss; resistance to diseases, including autoimmune diseases, heart disease, diabetes, osteoporosis, and perhaps even cancer. Last but not least, DHEA may confer a life-extension benefit: the ultimate bonus.

WHAT THE BODY DOES WITH DHEA

When a drug or nutrient is administered, it is important to know what level of that substance will show up in the blood or tissues. For starters, will it be a physiological dose or a pharmacological dose? The implications are often very different.

Anything we swallow must run the formidable chemical gauntlet of our digestive system – hydrochloric acid, bile, and a potent brew of digestive enzymes – just to make it to the intestinal wall that it must penetrate in order to be absorbed by the bloodstream. How well it fares in this complex physiological journey depends on many factors, including what foods we took it with and our age and state of health.

Most of the molecules that make it through the intestinal wall enter the portal vein, which conducts blood from the digestive organs, spleen, pancreas, and gall bladder to the liver. The liver thus gets "first crack" at our nutrients and decides, so to speak, whether or not it likes them in the form received. In the case of DHEA, it doesn't much like that form, so it attaches a sulfate group to about 90% of the molecules, making DHEA sulfate, or DHEAS (it also converts some of the DHEA to testosterone and estrogen). Thus, when one speaks of DHEA in the system, it is to be understood that it exists mainly in the form of DHEAS.

Whatever chemical processing the liver may impose on our nutrients, they wind up in our blood again, to be delivered, as needed, to the various organs and tissues of our body. This is where it is often vital to know just how much of whatever we intended to put in our bloodstream is actually there as such, because only then can we know for sure whether the dose is physiological or pharmacological.

ARE MEN LIKE MICE?

Although we're not overly fond of admitting it, rodents are much more like us, in terms of basic biochemistry and physiology (and behavior as well) than not. They have, to a high degree, the same genes, the same biochemical makeup, and the same metabolic processes that we do. This allows researchers - usually

– to make reasonably confident predictions, from the pharmacological effects observed in them, about the probable pharmacological effects in us.

But not always. Aside from a few fairly obvious differences between rodents and us, it turns out that they have almost no DHEA (nor do any other animals except primates). They do have plenty of sex hormones, lord knows, but they get them via different biochemical pathways than we do. Therefore, studying the effects of DHEA in rodents is problematic, because what would be a physiological dose in us is a very large pharmacological dose (even on a weight-adjusted basis) in them. This makes it difficult to extrapolate their results to ourselves with much confidence.

Yet the fact is that most of our knowledge of DHEA's benefits comes from experiments on laboratory mice and rats, because testing them is so much easier, quicker, and more economical than testing humans. It is important to note two things, however: (1) the experience of both medical researchers and practicing physicians is that DHEA is effective in humans for a variety of conditions, and (2) there are human studies demonstrating the safety of DHEA, notably a new one discussed in this article.

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* Actually, this study was designed as a necessary prelude to a much larger one that we reported on in detail in "DHEA Can Help Keep Women in Love" *Life Enhancement* – Jun. 2000

SOURCE: <http://www.life-enhancement.com/magazine/article/533-dhea-the-most-versatile-hormone>

Novel diet therapy helps children with Crohn's Disease and ulcerative colitis reach remission

January 1, 2017

Can diet alone be used to cure Crohn's disease and ulcerative colitis (UC)? It's a question Dr. David Suskind, a gastroenterologist at Seattle Children's, has been researching for years.

Today, he finally has the answer: yes.

In a first-of-its-kind-study led by Suskind, published today in the *Journal of Clinical Gastroenterology*, diet alone was shown to bring pediatric patients with active Crohn's and UC into clinical remission.

"This changes the paradigm for how we may choose to treat children with inflammatory bowel disease," said Suskind.

In the small, prospective study, patients were put on a special diet called the specific carbohydrate diet (SCD) for 12 weeks as the sole intervention to treat their Crohn's or UC. SCD is a nutritionally balanced diet that removes grains, dairy, processed foods and sugars, except for honey. The diet promotes only natural, nutrient-rich foods, which includes vegetables, fruits, meats and nuts.

At the end of the 12 weeks, eight out of the 10 patients who finished the study showed significant improvement and achieved remission from the dietary treatment alone.

Finding a cure for IBD

At most centers, treatment for inflammatory bowel disease (IBD) is limited and usually takes patients down one of two routes: steroids or medication, which can often lead to life-long side effects. Another concern is that medication and steroids only suppresses the immune system and don't treat the underlying issue of the microbiome, the bacteria that lives in the digestive tract.

IBD refers to several related illnesses that affect the digestive tract. Crohn's and UC are two forms of IBD. Doctors believe that IBD happens because something goes wrong between a child's genetic makeup, their immune system and their microbiome. In most people, the bacteria in the digestive tract are harmless. Although in some cases, the microbiome goes awry and causes a

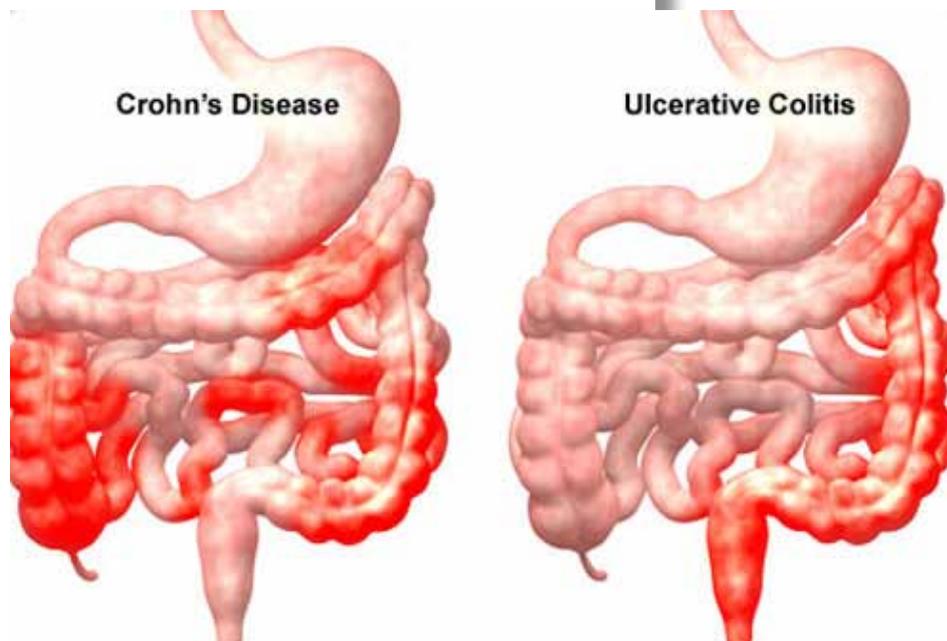
person's immune system to attack the bowel. It's still unknown why this happens.

Suskind was determined to find better and more effective treatment options for IBD, and so he began spearheading research on the innovative diet known as SCD.

"For decades or longer, medicine has said diet doesn't matter, that it doesn't impact disease," said Suskind. "Now we know that diet does have an impact, a strong impact. It works, and now there's evidence."

To date, there have only been a few case reports where a whole food diet, like SCD, has been used as a potential treatment for IBD. This study is the first to show, not just anecdotally, that the diet is safe and effective.

"Each person's disease is unique, just as each



person is unique," said Suskind. "SCD is another tool in our tool belt to help treat these patients. It may not be the best treatment option for everyone, but it is an effective treatment for those who wish to try a dietary therapy."

Materials provided by Seattle Children's Hospital.

SOURCE: sciencedaily.com; <http://tinyurl.com/zhokhw7>

The Facts About

Canola Oil



1) Today, about 90% of the world's canola oil crop is genetically modified in order to increase profits. The plant was genetically modified in order to make it "Roundup Ready" – so they can, in a nutshell, dump pesticide out of a plane and blanket the landscape, with only the crop surviving. Soil microorganisms, biodiversity, soil health... all destroyed. And then there are the residues of the pesticide and its potentially dangerous metabolites... not to mention the issue of pesticide drift.

2) Note how the video calls it "Canola Seed" and states that it is "Derived from the seed of the Canola plant". This is a misnomer, because there is no such thing as a canola plant.

The seed that is used to make canola oil is Rapeseed. The name "Canola" was chosen by the board of the Rapeseed Association of Canada in the 1970s. The "Can" part stands for Canada and "ola" refers to oil. A number of sources, including The Free Dictionary, continue to claim it stands for "Can(ada)+o(il)+l(ow)+a(cid). The name was coined partially to avoid the negative connotations of the unfortunately named Rapeseed.

3) The terribly-named rapeseed yields a high quantity of oil when pressed – yet in the old days it was not fit for human consumption. This is because it used to contain higher levels of a toxic ingredient – erucic acid. However, in order for a rapeseed oil product to be marketed as "Caola" it must have less than 2% erucic acid content. However that does not mean that canola oil is healthy.

4) Canola oil is a highly processed oil. It's NOT "natural", it is an industrial product that just so happened to start life as a plant before being completely transformed but a series of chemical processes. Toxic solvents are usually used in the extraction process. Sodium hydroxide may also also used. Then it is high-temperature treated to deodorize it.

5) The hexane problem (this sucks): A small percentage of canola oil is expeller (cold) pressed (better) but the bulk of it is processed using solvent extraction. What they don't tell you in this video is that the solvent that is most often used to extract the oil is the neurotoxin hexane – and as you can see, the plant material is literally bathed in it for 70 minutes. Hexane is a cheap byproduct from gasoline production and is a serious occupational hazard and toxic air pollutant. Importantly – it's been shown that some hexane residue can remain in the canola oil, and (astoundingly) the FDA doesn't require food manufacturers to test for residues. Residue tests done by the Cornucopia Institute in 2009 found hexane residues in soybean oil. So, we very well could be eating this chemical every time we cook with hexane-extracted oils. Almost all toxicology research of hexane focuses on the industrial use and inhalation of hexane, so no one knows exactly how dangerous eating it is – but it surely isn't healthy.

6) Canola oil is touted by the industry as healthy because it contains significant amounts of omega-3 fats. However, omega 3 fats exposed to very high temperatures can become trans fats – which are regarded as dangerous to health. Canola oil is highly refined, which includes deodorizing at high temperature – and some studies have found high levels of trans fat in commercial grade canola oil. Canola oil is used in a lot of prepared foods, including many marketed as healthy so reading labels is important.

Why aren't they choosing a healthier product?

SOURCE: <http://www.herbs-info.com/blog/how-is-canola-oil-made-scary/?c=d>

MORE HERE: <http://www.truthaboutabs.com/the-canola-oil-deception.html>

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Five Reasons to Stop Using Canola Oil

1. It's rancid before you buy it.
2. It poses major health threats.
3. It's devoid of health benefits.
4. Its safety is questionable.
5. It's genetically modified (GM).



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The biology behind the body's need for healthy fats

By Katie Wells



“The sad fact is that most people accept the hypothesis that fat is bad without understanding the biology behind the body's need for fat.”

It's no secret that fats have a bad reputation lately, and are generally discouraged by most in the medical community and nutritional fields. Most foods that are considered “healthy” by the majority of Americans carry a “low-fat” label. I just had a friend tell me she was going on the slim-fast and Special-K diet (cringe) because it was “low-fat.”

I could understand the fat-phobia if perhaps fat had been linked to weight gain or incidence of disease... or maybe if America's obesity epidemic had lessened since the low-fat craze... or maybe if eating a low fat diet actually caused long-term weight loss (anyone tried it?). The sad fact is that most people accept the hypothesis that fat is bad without understanding the biology behind the body's need for fat.

Chemically, all fats are made up of varying numbers of hydrogen, oxygen and carbon arranged in different orders. Each carbon atom is bonded to two other carbon atoms, and the more carbon atoms there are in a given fatty acid, the longer it will be. Fatty acids with longer chains typically have a higher melting point and yield more energy per molecule when metabolized.

If a fat has each carbon atom bonded to two hydrogen atoms, it is considered a saturated fat, because each carbon molecule is “saturated” with hydrogen. These fats tend to be solid or near solid at room temperature. A monounsaturated fat has carbon bonded to only one hydrogen and double bonded to another carbon. A polyunsaturated fatty acid has more than one of these double bonds. A trans fat (transaturated fatty acid) is an artificially manipulated version of an unsaturated fat and is one type of fat that actually has been linked to disease. Thanks to Wikipedia:

There are two ways the double bond may be arranged: the isomer with both parts of the chain on the same side of the double bond (the cis-isomer), or the isomer with the parts of the chain on opposite sides of the double bond (the trans-isomer). Most trans-isomer fats (commonly called trans fats) are commercially produced rather than naturally occurring. The cis-isomer introduces a kink into the molecule that prevents the fats from stacking efficiently as in the case of fats with saturated chains. This decreases intermolecular forces between the fat molecules, making it more difficult for unsaturated cis-fats to freeze; they are typically liquid at room temperature. Trans fats may still stack like saturated fats, and are not as susceptible to metabolization as other fats.

Now that we got the biology out of the way, what does this mean in the dietary world? While fats have been demonized lately, they are sources of essential fatty acids and are necessary in absorption of vitamins A,D,E, and K, maintenance of skin and hair and in proper cell function. Fats provide 9 calories per gram and are broken down into fatty acids and glycerol (a source of energy) once in the body. When a chemical or toxin enters the body and reaches an un-safe level, the body dilutes it or attempts to equalize it by storing it in adipose (fat) tissue. The problem here is that if you are consuming high levels of chemicals or toxins (not fats) you can store these in your body and they can reach high enough levels to cause disease.

The fat-hating in society today is not based on its ability to keep toxins in the body, but rather on its supposed ability to cause weight gain. While fat has been blamed for weight gain, nothing

“Excess carbohydrates, not excess fats, cause weight gain.”

happens in a vacuum. To understand why excess fat can, in some cases, lead to weight gain, we have to understand what those cases are. The body is capable of breaking fat down into glucose and using it for energy, though this process takes more energy than just using any fructose or glucose already circulating in the blood. When we eat grains, processed carbs or even high levels of really sweet fruits, these are easier sources for the body to use for energy. Eventually, the body starts to prefer these easier sources of energy and through insulin and leptin resistance, doesn't metabolize fat as effectively. Additionally, any excess carbohydrates that the body doesn't immediately use for energy is converted to fat to be stored for future energy. If you are constantly feeding your body quick energy in the form of carbs, it never taps into this stored energy (fat) and fat accumulates. Any extra fats consumed at that point are also stored as fat since the body is burning its quick and easy form of fuel from carbohydrates. In this way, it is much more logical to understand that excess carbohydrates, not excess fats, cause weight gain.

So what fats are we supposed to eat and what to avoid?

Saturated Fats

Found in foods like meats, coconut and avocado, these guys are absolutely vital to proper body functions. They also get most of the heat from the “low-fat” crowd. Saturated fats are neces-

sary for absorption of certain vitamins, calcium uptake, immune function, and cell membrane structure.

I recommend daily intake of saturated fats from meats, butter, coconut oil, coconut products, avocado, etc as the main source of fat for all my clients. Conventional wisdom would say they should all gain weight. In combination with a low grain diet, they all actually lose weight (except for the occasional person trying to gain weight) and notice some common benefits: increased tolerance to the sun (tan better), skin issues like acne or eczema clear up, drastically increased energy, absence of food cravings, and peaceful sleep. Enough to convince me!

Monounsaturated Fats

Of all the fats, these get the most acceptance in medical and nutrition communities today. Monounsaturated fats are found in varying levels in oils like olive, sunflower, sesame, flax, peanut, safflower, etc. and in avocados. These oils are not entirely made of monounsaturated fats but also have some levels of saturated and polyunsaturated fats. I recommend monounsaturated fats to clients in moderate amounts, but never heated to high temperatures as this can cause breakdown and free radicals. Speaking of free radicals...

Polyunsaturated Fatty Acids

These are found in grains, soybeans, corn, peanuts etc. They are liquid even at cold temperatures, go rancid easily and break down into free radicals when heated. These are also the oils we most often heat to really high temperatures when we fry things like potatoes and grains. To re-cap, we use these oils that are from unhealthy sources at temperatures that make them even more dangerous and then drop in even more of the same unhealthy substances (grains, corn, etc) to round it out. These are also the oils used in non-foods like margarine.

To add insult to injury, most of these oils go through a hydrogenation process that makes them last longer on the shelf, but makes them basically unusable to the body since we can't metabolize them. Not only are they creating free-radical damage, but they don't even provide any relevant source of nutrition or fat the body can metabolize.

You will see polyunsaturated fats under names like corn, cottonseed, canola, vegetable, soybean, peanut, etc and most of them often carry the title "hydrogenated" or "partially hydrogenated." My general advice to everyone is to completely avoid these types of fats, especially if they have been heated.

The Omegas

You've probably heard of the Omega-3s and Omega-6s as they are finally starting to be understood by the medical community. Both are necessary to our bodies, but most people these days get them in a balance that is very unhealthy. In a perfect world, we would get a ratio of 1:1 of omega-6s and omega-3s, though I usually tell my clients they are doing well if they can get a 3:1 ratio. If kept within this balance, both are healthy and necessary for optimal body function. Seems reasonable, right? Most people in America today consume a normal ratio of up to 35:1 (omega-6 to omega-3), while some people consume even higher ratios.

Omega-3s are found in things like fish, nuts and types of algae. Omega-6s are found in grains, corn, and animals fed grains and corn. Unlike things like Vitamin D, which our bodies are capable

or making [with sufficient sunshine exposure - Ed] the omegas must be obtained from diet (thus the name, essential). The reason you often hear of people benefiting from supplementing Omega-3s is that with the distorted ratios we consume of these fats, taking additional Omega-3s helps balance the body's need for both in a 1:1 ratio. For those of us not able to consume that perfect 1:1 ratio, supplementing omega-3s can help with brain function, inflammation, chemical balance in the brain, and energy levels. Omega-3s also contain the much-touted ALA, DHA and EPA fats that are now added to many foods. I get my omega-3s from dietary sources as much as possible and also supplement with krill oil to keep the ratio in balance.

Trans Fats

These are the one type of fat that completely deserves the heat it has been getting lately. That hydrogenation process that we mentioned earlier turns unsaturated fats into these much more dangerous trans fats by changing the placement of the hydrogen atoms in the molecule. These fats are able to be absorbed by individual cells and mess up the function of the cell. Studies connect these guys to heart disease, obesity, abdominal fat, diabetes, and certain types of cancer. Trans fats are one of my arguments against the "everything in moderation" idea, as they are not safe in any amount.

As trans fats have gotten such a bad rap lately, scientists have

"Trans fats are one of my arguments against the "everything in moderation" idea, as they are not safe in any amount."

cooked up an even more unsavory fat made by replacing part of the fat molecule with stearic acid. These "interesterified fats" are what allow snack makers to place that lovely "no-trans fat" label on their packaging. Don't be fooled! Interesterified fats are just as dangerous, if not more so. The few studies they have actually performed on these guys show that they can alter metabolism (i.e. slow it down!).

As a recap: saturated fats from healthy meats, coconut, avocado and nuts are good. Monounsaturated fats are good as long as they are not heated. Omega-3s are vital to our body. Refined and/or heated polyunsaturated fats, hydrogenated fats, trans fats and interesterified fats are actually dangerous and should be avoided.

ABOUT THE AUTHOR



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SOURCE: wellnessmama.com
<http://tinyurl.com/h4re9xu>

Why You Should Avoid Taking **All** Vaccines

By Dr. James Howenstine, MD

Dr. James R. Shannon, former director of the National Institute of Health declared, "The only safe vaccine is one that is never used." Cowpox vaccine was believed to be able to immunise people against Smallpox. At the time this vaccine was introduced, there was already a decline in the number of cases of smallpox... Japan introduced compulsory vaccination in 1872. In 1892 there were 165,774 cases of smallpox with 29,979 deaths despite the vaccination programme.

Much of the success attributed to vaccination programmes may actually have been due to improvement in public health related to water quality and sanitation, less crowded living conditions, better nutrition, and higher standards of living. Typically the incidence of a disease was clearly declining before the vaccine for that disease was introduced... In England the incidence of polio had decreased by 82 % before the polio vaccine was introduced in 1956.

In the early 1900s an astute Indiana physician, Dr. W.B. Clarke, stated, "Cancer was practically unknown until compulsory vaccination with cowpox vaccine began to be introduced. I have had to deal with two hundred cases of cancer, and I NEVER saw a case of CANCER in an UNVACCINATED [1] person." There is a widely held belief that vaccines should not be criticised because the public might refuse to take them.

Do Vaccines Actually Prevent Disease?

This important question does not appear to have ever been adequately studied. Vaccines are enormously profitable for drug companies and recent legislation in the U.S. has exempted lawsuits against pharmaceutical firms in the event of adverse reactions to vaccines, which are very common. In 1975 Germany stopped requiring pertussis (whooping cough) vaccination. Today fewer than 10% of German children are vaccinated against pertussis. The number of cases of pertussis has steadily decreased [2] even though far fewer children are receiving pertussis vaccine.

Measles outbreaks have occurred in
The NZ Journal of Natural Medicine

schools with vaccination rates over 98% in all parts of the U.S. including areas that had reported no cases of measles for years. As measles immunisation rates rise to high levels measles becomes a disease seen only in vaccinated persons. An outbreak of measles occurred in a school where 100% of the children had been vaccinated. Measles mortality rates had declined by 97% in England before measles vaccination was instituted.

In 1986 there were 1300 cases of pertussis in Kansas and 90% of these cases occurred in children who had been adequately vaccinated. Similar vaccine failures have been reported from Nova Scotia where pertussis continues to be occurring despite universal vaccination. Pertussis remains endemic [3] in the Netherlands where for more than 20 years 96% of children have received 3 pertussis shots by age 12 months.

After institution of diphtheria vaccination in England and Wales in 1894 the number of deaths from Diphtheria rose by 20% in the subsequent 15 years. Germany had compulsory vaccination in 1939. The rate of diphtheria spiraled to 150,000 cases that year whereas, Norway which did not have compulsory vaccination, had only 50 cases of diphtheria the same year. The continued presence of these infectious diseases in children who have received vaccines proves that life long immunity, which follows natural infection does not occur in persons receiving vaccines. The injection process places the viral particles into the blood without providing any clear way to eliminate these foreign substances.

Why Do Vaccines Fail To Protect Against Diseases?

Walene James, author of *Immunisation: the Reality Behind The Myth*, states that the full [4] inflammatory response is necessary to create real immunity. Prior to the introduction of measles and mumps vaccines children got measles and mumps and in the great majority of cases these diseases were benign. Vaccines "trick" the body so it does not mount a complete natural inflammatory response to the injected virus.

Vaccines and Sudden Infant Death Syndrome (SIDS):

The incidence of SIDS grew from 0.55 per 1000 live births in 1953 to 12.8 per 1000 in 1992 in Olmstead County, Minnesota. The peak incidence for SIDS is age 2 to 4 months, the exact time most vaccines are being given to children. 85% of cases of SIDS occur in the first 6 months of infancy. The increase in SIDS as a percentage of total infant deaths has risen from 2.5 per 1000 in 1953 to 17.9 per 1000 in 1992. This rise in SIDS deaths has occurred during a period when nearly every childhood disease was declining due to improved sanitation and medical progress except SIDS. These deaths from SIDS did increase during a period when the number of vaccines given a child was steadily rising to 36 per child.

Dr. W. Torch was able to document 12 deaths in infants that appeared within 3½ and 19 hours of a DPT immunisation. He later reported 11 new cases of SIDS deaths and one near miss, which had occurred within 24 hours of a DPT injection. When he studied 70 cases of SIDS, two thirds of these victims [5] had been vaccinated from one half day to 3 weeks prior to their deaths. None of these deaths was attributed to vaccines... Vaccines are a sacred cow and virtually nothing against them appears in the mass media because they are so profitable to pharmaceutical firms. There is valid reason to think that not only are vaccines worthless in preventing disease, they are counter-productive because they injure the immune system – permitting cancer, auto-immune diseases and SIDS to cause much disability and death.

Are Vaccines Sterile?

Dr. Robert Strecker claimed that the Department of Defence (DOD) was given \$10,000,000 in 1969 to create the AIDS virus to be used as a population-reducing [6] weapon against blacks. By use of the Freedom of Information Act Dr. Strecker was able to learn that the DOD secured funds from Congress to perform studies on immune destroying agents for germ warfare.

Once produced, the vaccine was given in two locations... Smallpox vaccine

containing HIV was given to 100,000,000 Africans in 1977. Over 2000 young white homosexual males in New York City were given Hepatitis B vaccine that contained HIV virus in 1978. This vaccine was given at New York City Blood Centre. The Hepatitis B vaccine containing the HIV virus was also administered to homosexual males in San Francisco, Los Angeles, St. Louis, Houston & Chicago in 1978 - 1979.

U.S. Public Health epidemiology studies have disclosed these same six cities had the highest incidence of AIDS, Aids related Complex (ARC) and deaths rates from HIV, when compared to other U.S. cities. When a new virus is introduced into a community. It takes 20 years for the number of cases to double. If the fabricated story that Green Monkey bites of pygmies led to the HIV epidemic, the alleged monkey bites in the 1940s should have produced a peak in the incidence of HIV in the 1960s – at which time HIV was non-existent in Africa. The World Health Organisation (WHO) began a African smallpox vaccination campaign in 1977 that targeted urban population centres, and avoided pygmies. If the Green Monkey bites of pygmies truly caused the HIV epidemic the incidence of HIV in pygmies should have been higher than in urban citizens. However, the opposite was true.

In 1954 Dr. Bernice Eddy (a bacteriologist) discovered live monkey viruses in supposedly sterile inactivated Polio vaccine [7] developed by Dr. Jonas Salk. This discovery was not well received at the National Institutes of Health (NIH) and Dr. Eddy was demoted. Later Dr. Eddy, working with Sarah Stewart, discovered SE Polyoma virus (SE, Stewart & Eddy Virus – now Polyomavirus)... This virus was quite important because it caused cancer in every animal receiving it. Yellow fever vaccine had previously been found to contain avian (bird) leukaemia virus. Later Dr. Hilleman isolated SV 40 virus (Simian Virus 40) from both the Salk and Sabin Polio vaccines. There were 40 different viruses [8] in these polio vaccines they were trying to eradicate. They were never able to get rid of these viruses contaminating the polio vaccines. [According to a 2013 paper the production of modern killed, injectable polio vaccines utilises formaldehyde to kill/denature polio viruses. Unfortunately, SV 40 has been reported to be incompletely inactivated by formaldehyde. (See: <http://jvi.asm.org/content/77/9/5039.full>) so if SV 40 is present in the vaccine it may still pose a risk - Ed.]

The SV 40 virus causes malignancies: it has now been identified in 43% of cases of non-Hodgkin's lymphoma [9], 36% of brain tumours [10], 18% of 'healthy' blood samples, and 22% of healthy 'se-

men samples, mesotheliomas, and other malignancies. By the time of this discovery SV 40 had already been injected into 10,000,000 people in Salk vaccine. Gastric digestion inactivates some of SV 40 in the Sabin oral polio vaccine. The isolation of strains of Sabin polio vaccine from all 38 cases of Guillan Barre Syndrome [11] GBS in Brazil suggests that significant numbers of persons are able to be infected from this vaccine. All 38 of these patients had received Sabin oral polio vaccine months to years before the onset of GBS. The incidence of Non-Hodgkin Lymphoma has "mysteriously" doubled since the 1970s.

Dr. John Martin (Professor of Pathology at the University of Southern California), was employed by the Viral Oncology Branch of the Bureau of Biologics (FDA) - from 1976 to 1980...

While employed there he identified foreign DNA in the live polio vaccine – 'Orimune poliovirus vaccine' (a live oral trivalent poliovirus vaccine then produced by Lederle Laboratories) that suggested serious vaccine contamination. He warned his supervisors about this problem and was told to discontinue his work as it was outside the scope of testing required for polio vaccine.

Later Dr. Martin learned that all eleven of the African Green Monkeys used to grow the Lederle polio virus (Orimune) had grown Simian Cytomegalovirus from monkey kidney cell cultures. Lederle Laboratories was aware of this viral contamination as their Cytomegaloviral Contamination Plan [12] clearly showed in 1972. The Bureau of Biologics decided not to pursue the matter so production of infected polio vaccine continued. In 1955 Dr. Martin identified unique cell destroying viruses termed 'stealth viruses' in patients with Chronic Fatigue Syndrome. These viruses lacked genes that would enable the immune system to recognise them. Thus they were protected by the body's failure to develop antiviral antibodies. In March of 1995, Dr. Martin learned that some of these 'stealth viruses' had originated from African Green Monkey simian cytomegalovirus of a type known to infect man.

The Lederle vaccine experience suggests that the higher-ups are NOT concerned about sloppy and dangerous preparation of vaccines. Animal cross infection is a huge unsolved current problem for ALL vaccine manufacturing... If this vaccine production sounds like an unbelievable mess to you, you are right.

The influential 'Club of Rome' has a position paper in which they state the World Population is too large and needs to be reduced by 90%. This means that

over 6 billion people must be reduced to 500 to 600 million. Obviously, creating famines and genocidal wars such as wrecked havoc in Africa, and 'loosing' new laboratory-created diseases (HIV, Ebola, Marburg [13], and probably West Nile virus and SARS) can 'help' reduce the population. Other elitist groups (Trilaterals, Bildenbergers) have expressed similar concerns about excess people on planet Earth. (So, too, the U.N.).

The company that was projected to produce the 'new' smallpox vaccine in the U.S. was in serious trouble in England because of unsatisfactory quality of operations before setting up their facility in the U.S. ... Why would their performance here be any better than it was in England? If there are important powerful groups of people that are determined to reduce the world population, what could be a more diabolically clever way to eliminate people than to inject them with a cancer-causing vaccine? The person receiving the injection would never suspect that the vaccine taken 10 to 15 years earlier had caused the cancer to appear.

Other Dangers From Vaccines:

In the March 4, 1977 issue of *Science* Jonas and Darrell Salk warned, "Live virus vaccines against influenza or poliomyelitis may in each instance produce the disease it intended to prevent. The live virus against measles and mumps may produce such side effects as encephalitis (brain damage)."

The Swine Flu vaccine was administered to the American public even though there had NEVER been a case of Swine Flu identified in a Human... Farmers refused to use the vaccine because it killed too many animals... Within a few months of use in humans this vaccine caused many cases of serious nerve injury (Guillan Barre syndrome).

An article in the *Washington Post* on January 26, 1988, mentioned that all cases of polio [*in the USA- Ed*] since 1979 had been caused by the polio vaccine with no known cases of polio from a wild strain since 1979. This might have created a perfect situation to discontinue the vaccine, but the vaccine is still given.

In the USA, vaccines are a wonderful source of profits with no risks to the drug companies since vaccine injuries are recompensed by the government (taxpayer).

The steady escalation in the number of vaccines administered has been followed by an identical rise in the incidence of auto-immune diseases (rheumatoid arthritis, subacute *Lupus Erythematosus*, psoriasis, multiple sclerosis, asthma) seen in children. While there is a genetic

transmission of some of these diseases many are probably due to the injury from foreign protein particles, mercury, aluminum, formaldehyde and other toxic agents injected via vaccines.

In 1999, the rotavirus vaccine was 'recommended' by the Centre for Disease Control for all infants. When this vaccine programme was instituted several infants died and many others had life endangering bowel obstructions. Obviously, there was no evidence that this vaccine would cause such serious problems before the vaccine was released (approved) for usage. Children's vaccines are not studied for toxicity possibly because such study might eliminate them from being used.

A large study from Australia showed that the risk of developing encephalitis from the pertussis vaccine was five times greater than the risk of developing encephalitis by contacting pertussis by natural methods. Naturally acquired immunity by illness evolves by spread of a virus from the respiratory tract to the liver, thymus, spleen, and bone marrow. When symptoms begin, the entire immune response has been mobilised to repel the invading virus. This complex immune system response creates antibodies that confer life long immunity against that invading virus and prepares the child to respond promptly to an infection by the same virus in the future.

“Up to 60% of our immune system may be exhausted by multiple mass vaccines...”

Vaccination, in contrast, may result in the persisting of live virus or other foreign antigens within the cells of the body, a situation that may provoke auto-immune reactions as the body attempts to destroy its own infected cells. Again, There is no surprise that the incidence of auto-immune diseases (rheumatoid arthritis, subacute *Lupus Erythematosus*, multiple sclerosis, asthma, psoriasis) has risen sharply in this era of multiple vaccine immunisation.

Vaccine Induced Type 1 Diabetes Mellitus:

Dr. John Classen has published 29 articles on vaccine-induced [14] diabetes. At least 8 of 10 children with Type 1 (insulin needing) diabetes have this disease as a result of vaccination...

These children may have avoided measles, mumps, and whooping cough – but they have received something far worse: an illness that shortens life expectancy by 10 to 15 years and results in a life requiring constant medical care.

Dr. Classen has shown in Finland, the introduction of *Haemophilus influenzae* Type B vaccine caused three times as many cases of Type 1 diabetes as the number of deaths and brain damage from *Haemophilus Influenzae* Type B vaccine might have prevented. In New Zealand, the incidence of Type 1 diabetes in children rose by 61 % after an aggressive vaccine programme against hepatitis B. This same programme has been started in the U.S.A., so we can now look forward to many cases of Type 1 diabetes in children. Similar rises in Type 1 diabetes have been seen in England, Italy, Sweden, and Denmark after immunisation programs against hepatitis B.

Toxic Substances Are 'Needed' To Make Vaccines 'Work':

Vaccines contain many toxic substances that are 'needed' to prevent the vaccines from becoming infected or to 'improve' the performance of the vaccine. Among these substances are mercury, formaldehyde and aluminium salts. [15]

In the past 10 years, the number of Autistic children has risen from between 200 and 500 percent in every state in the U.S. This sharp rise in autism followed the introduction of measles, mumps and rubella vaccine in 1975.

US Representative Dan Burton's healthy grandson was given injections for

nine diseases in one day. These injections were instantly followed by autism. These injections contained a preservative of mercury called thimerosal. The boy received 41 times the amount of mercury that is capable of harm to the body. Mercury is a neurotoxin that can injure the brain and nervous system. And tragically, it did. In the United States the number of compulsory vaccine injections has increased from 10 to 36 in the last 25 years. During this period, there has been a simultaneous increase in the number of children suffering learning disabilities and Attention Deficit Disorder (ADD). Some of these childhood disabilities are related to intrauterine cerebral damage from maternal cocaine use, but probably neurotoxic vaccines cause many of the others.

Many vaccines contain aluminium. A new disease called Macrophagic Myofasciitis causes pain in muscles, bones and joints. All persons with this disease have received aluminum-containing vaccines. Deposits of aluminium are able to remain as an irritant in tissues and disturb the immune and nervous system for a life-

time. Nearly all vaccines contain aluminium and/or mercury. These metals appear to play an important role in the aetiology of Alzheimer's disease.

An expert at the 1997 'International Vaccine Conference' related that a person who takes 5 or more annual flu vaccine shots has increased the likelihood of developing Alzheimer's disease by a factor of 10, over the person who has had 2 or fewer flu shots.

When we take vaccines we are playing a modern version of Russian Roulette. We may not only get exposed to aluminium, mercury, formaldehyde and foreign cell proteins but we may get Simian Virus 40 (SV 40) and other dangerous viruses which can cause cancer, leukaemia and other severe health problems – because the vaccine pool is contaminated due to careless animal isolation techniques.

[Ed note: Since this article was written, it appears that the vaccine industry has moved to using cell lines derived from animal and/or human tissue rather than cells obtained from freshly killed animals. The motivations for the change appear to be the cost of obtaining and housing expensive animals such as monkeys and the problems of animals being hosts to viruses such as SV 40.

For example, some of the modern polio vaccines use what are termed "Vero" cells as a culture medium for the polio viruses. These

"Vero" cells were derived originally from the kidneys of a female green monkey. The cell line spontaneously became "immortalised"; that is the cells replicate indefinitely in culture. The cell line is now aneuploid which means it has an abnormal number of chromosomes for its original species.

As history of the development of the Vero cell line may be read at this link <http://www.fda.gov/ohrms/dockets/ac/00/backgrd/3616b1a.pdf>

Human cell lines used in the production of some vaccines include two cell lines derived from the tissue of aborted human fetuses. These cell lines termed WI-38 and MRC-5 are used as culture media for rubella viruses used in two MMR vaccines on the international market.]

Since Congress has protected the manufacturers from lawsuit, dangerous vaccines can increase profits at no risk to the drug companies.

U.S. children aged 2 months began re-

ceiving hepatitis B vaccine in December 2000. No peer-reviewed studies of the safety of hepatitis B in this age bracket had been done. Over 36,000 adverse reactions with 440 deaths were soon reported – but the true incidence is much higher as reporting is voluntary, so only approximately 10% of adverse reactions get reported. This means that about 4000 infants are dying annually from the hepatitis B vaccine.

The CDC's Chief of Epidemiology admits that the frequency of serious reactions to Hepatitis B vaccine is 10 times higher than other vaccines. Hepatitis B is transmitted sexually and by contaminated blood, so the incidence of this disease must be near zero in this age bracket. A vaccine expert, Dr. Philip Incao, states, "The conclusion is obvious that the risks [16] of Hepatitis B vaccination far outweigh the 'benefits.' Once a vaccine is mandated the vaccine manufacturer is no longer liable for adverse reactions.

Dr. W.B. Clarke's important observation that cancer was not found in unvaccinated individuals demands an explanation and one now appears forthcoming: All vaccines given over a short period of time to an immature immune system deplete the thymus gland (the primary gland involved in immune reactions) of irreplaceable immature immune cells. Each of these cells could have multiplied and developed into an army of valuable cells to combat infection and growth of abnormal cells. When these immune cells have been used up, permanent immunity may not appear. The Arthur Research Foundation in Tucson, Arizona, estimates that up to 60% of our immune system may be exhausted [17] by multiple mass vaccines (36 are now required for children). Only 10% of immune cells are permanently lost when a child is permitted to develop natural immunity from disease. There needs to be grave concern about these immune system injuring vaccinations.

Could the persons who approve these mass vaccinations know that they are impairing the health of these children, many of whom are being doomed to requiring much medical care in the future? Compelling evidence is available that the development of the immune system after contracting the usual childhood diseases matures and renders it capable to fight infection and malignant cells in the future. The use of multiple vaccines, which prevents natural immunity, promotes the development of allergies and asthma... A New Zealand study found that 23% of vaccinated children developed asthma, as compared to ZERO in unvaccinated children.

Cancer was a very rare illness in the 1890's. This evidence about immune

system injury from vaccinating affords a plausible explanation for Dr. Clarke's finding that only vaccinated individuals got cancer. Some radical ADVERSE change in health occurred in the early 1900s to permit cancer to explode, and vaccinating appears to be the reason.

Vaccines are an UNNATURAL phenomena: My guess is that if enough persons said no to immunisations there would be a striking improvement in general health with nature back in the immunising business instead of man.

Having a child vaccinated should be a choice not a requirement. Medical and Religious exemptions are permitted by most States in the USA.

When governmental policies require vaccinations before children enter schools then coercion has overruled the lack of evidence of vaccine efficacy and safety. There is no proof that vaccines work and they are never studied for safety before release. My opinion is that there is overwhelming evidence that vaccines are dangerous and the only reason for their existence is to increase profits of pharmaceutical firms.

If you are forced to immunise your children so they can enter school, obtain a notarised statement from the director of the facility that they will accept full financial responsibility for any adverse reaction from the vaccine. Since there is at least a 2% risk of a serious adverse reaction they may be smart enough to permit your child to escape a dangerous procedure. Recent legislation passed by Congress gives the government the power to imprison persons refusing to take vaccines (smallpox, anthrax, etc). This would be troublesome to enforce if large numbers of citizens declined to be vaccinated at the same time.

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What is "Regressive Autism" and why does it occur?

the emergence of autistic indications appears to happen in children who had developed normally and before three years... The development of normal immune function appears to cease in the second year and is linked to the schedule of vaccines and/or the MMR vaccine.

Is it the consequence of multi-systemic dysfunction affecting the elimination of heavy metals and the ability to regulate neural temperature? - *North American Journal of Medical Sciences*: 2009 Jul; 1(2): 28-47. Ewing, GE (Extracts).

Abstract: There is a compelling argument that the occurrence of regressive autism is attributable to genetic and chromosomal abnormalities, arising from the overuse of vaccines, which subsequently affects the stability and function of the autonomic nervous system and physiological systems. That sense perception is linked to the autonomic nervous system and the function of the physiological systems enables us to examine the significance of autistic symptoms from a systemic perspective. Failure of the excretory system influences elimination of heavy metals and facilitates their accumulation and subsequent manifestation as neurotoxins: the long-term consequences of which would lead to neurodegeneration, cognitive and developmental problems. It may also influence regulation of neural hyperthermia. This article explores the issues and concludes that sensory dysfunction and systemic failure, manifested as Autism, is the inevitable consequence arising from subtle DNA alteration and consequently from the overuse of vaccines.

Introduction: That the occurrence of Autism has risen steadily in the last decades is not in dispute. Prior to the

1930's and the introduction of vaccinations Autism was unknown. By 1968 (in the UK) when polio and DPT vaccines were given at 6 and 7 months autism was very rare. In 1988, when Polio and DPT was given at 3 months, DPT at 5 months and MMR at c13 months, autism rates were still low. In 1996, when polio and DPT/HIB injections were given at 2, 3 and 4 months, followed by MMR at circa 13 months autism rates began rising rapidly. By 2006 the occurrence of autism had reached pandemic proportions. In the period shortly before the 1980s the occurrence of autism was estimated to be circa 3-5 per 10,000; the majority having autism from birth. Since the introduction of multiple vaccines the prevalence of autism has increased to an estimated 1 in 166 i.e. 60 per 10,000. Furthermore the trend is that of a continued increase. Some British teachers are claiming to see ASD in 1 in every 86 children. This is supported by research which suggests that 1 in 100 British children may have some form of autism and that ASDs are more prevalent than hitherto imagined i.e. only severe cases of autism are recorded in the statistics. Such claims have been dismissed as mere speculation on the basis that there is not yet definitive proof of such claims – however the perceived lack of evidence does not indicate that proof does not exist. It may indicate that the understanding of the condition remains 'beyond the prevailing level of knowledge.'

The consequences to society are estimated at circa £2.4M in an autistic child's lifetime which, if it continues to increase as many predict, will impose an unsustainable financial burden upon healthcare, education and social welfare systems.

The body is a biodynamic, wholistic and systemic organism. It responds to sensory input that enables the autonomic nervous system, thereby influencing behaviour, the regulation of physiological systems, and function of the visceral organs. Any form of biochemical variation must therefore influence sense perception, sensory coordination and cognitive function.

The brain manages the autonomic nervous system and the function of the physiological systems. In addition, the brain waves are in a dynamic relationship with molecular biochemistry illustrating how drugs can be used to influence the body's biochemistry in order to act upon the symptoms of disease – and how brain wave technologies such as neuro-feedback can be used to alter the brain waves, physiological systems, organs, cells and molecular bio-chemistry. Autism affects the function of all of the brain. It is a neuro-biologic, multi-systemic disorder i.e. affecting the function of every organ but not necessarily its structures. It affects all aspects of the autonomic nervous system and hence influences all aspects of brain's function including that of neural networks involved in learning, memory, the function of the senses and the visceral organs.

There are indications of cerebellar dysfunction in autism. Inhibited flow of data to the cerebellum may be followed by developmental decay, cerebellar dysfunction, and reduced size of brainstem. This is equivalent to the 'use it or lose it' phenomena affecting muscle tone and function. Disease and drugs create cognitive dysfunction, altered sense perception, in particular affects visual perception. Accordingly, vaccines must also influence sense perception and coordination. Vaccines have a long-term influence and hence may have a more pervasive influence upon sense perception. The

Autism affects four boys to every girl. By contrast autism appears not to occur in communities that do not use vaccines. Since the 1960's the number of vaccines given to a child before entering school has risen to circa 33. In children born to military families the occurrence of Autism may now be as high as 1 in 67. In the vast majority of cases,

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Research Topic
Vaccination: All

greater the number of illnesses, drugs or vaccines the greater the alteration to the body's biochemistry – therefore the greater its influence upon sense function and the degree of sensory distortion. It influences the autonomic nervous system and physiological systems and hence the coordination and function of every organ – visceral and sensory. This is a significant feature of autism.

Multi-systemic dysfunction is associated with a wide range of physiological disorders e.g. diabetes and obesity, cancer, cardiovascular disorders, pre-eclampsia, dyslexia, depression, etc. It affects the central and autonomic nervous system in autistic children. Systemic dysfunction in autism includes that of temperature, blood cell content and immune function, blood pressure, digestion, excretion, posture and locomotion, sleep, pH, breathing; respiration rates, lower skin temperature. Each influences metabolic rate.

Autonomic dysfunction has also been linked to problems with appetite, swallowing food, nausea, recurrent vomiting, and abdominal bloating; constipation or diarrhoea; dry eyes, dilated pupils; dry skin, flushed skin following a meal, abnormal sweating, and unexplained high fevers; sleep apnoea, insomnia; bed-wetting, difficulty urinating, difficulty potty-training; altered perception of pain, sensory defensiveness, poor socialisation skills, anxiety, phobias, tics, emotional instability; and light intolerance. That Autistic seizures are often linked to neural blood flow is supported by fact that medications used to raise or lower blood

pressure can alter the occurrence of seizures and improve sleep in the autistic child.

Autism affects sensory processing and sensory coordination that is manifest in various ways e.g. tactile perception, vision, hearing, and smell. Autistic children may also display synaesthesia in which sensations become confused with one another. Sounds may be experienced as touch or as visual stimulation e.g. autistic children may cover their eyes when they hear a loud sound. That autistic children have such sensory synaesthesia and sensitivity may indicate that their brains have extreme problems with sensory processing, regulation and coordination.

Vaccinations influence the balance of viral scavengers; they suppress the production of B-cells, T-cells, etc. The synergistic action of these cells impairs antibody formation and becomes less effective in phagocytosis. This influences recognition of viral pathogens, leads to the progressive failure of immune function and hence to the increased incidence of auto-immune disease which we note as allergies and immunodeficiency

Modified live viruses alter the structure and function of DNA. Each virus is a large molecule [*relative to the width of a strand of DNA - Ed*] therefore its spatial arrangement must be influenced by its biochemistry that influences cross-helical structures and linkages within the DNA helix... Accordingly it is inevitable that the steady accumulation of such foreign proteins arising from an intensive vaccine

programme will reach the stage where it significantly weakens DNA, gene, and chromosome structure and function. The prevailing reaction conditions – the consequence of protein expression, which has been influenced by previous vaccines – will also affect the introduction of each modified live virus. Each will depress immune function. The greater the number of viruses and foreign proteins, (1) – the greater the influence upon immune function and the time required for recovery from each vaccination; (2) – the greater their influence upon DNA, gene and chromosome structure and function, the greater will be the risk of protein inhibition, system dysfunction, reproduction, etc.

The greater the amount of vaccines, introduction of foreign proteins and hence of alterations to the body's biochemistry - the greater the risk that the body's immune function no longer recognises or responds to existing vaccines or diseases - and/or that its immune response has been altered - and/or that sugar chains attached to an antibody alters its ability to bind to its receptors. This may lead to mutated forms of disease e.g. the reemergence of whooping cough, and a differentiated disease profile e.g. up to 30% of individuals with a persistent cough are infected with B. pertussis. Furthermore enhanced susceptibility to virus infection by vaccines is documented. This could enable tougher strains to flourish.

SOURCE: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3364648/>

Continued from Page 41

ABOUT THE AUTHOR

Dr. Richard Kunin MD, formulator of all the Ola Loa products, is a nutrition oriented physician and orthomolecular specialist with over thirty years of experience in the nutritional medicine field. He pioneered the use of vitamins and minerals in today's medical practice and was a co-founder of the Orthomolecular Medical Society with Dr. Linus Pauling in 1976.

Dr. Kunin has written many books including *Mega Nutrition* and *Mega Nutrition for Women* and has plans for future book releases as well. With many published articles to his credit, Dr. Kunin is well known for his contributions in *The Townsend Letter*, *San Francisco Medicine* and other scientific journals and publications. In 1994, he founded the Society for Orthomolecular Health Medicine (OHM) in San Francisco, a large and well respected professional organization whose mission is to put nutrition first in the practice of medicine. Through this organization, Dr. Kunin brings together medical doctors and other health practitioners to discuss current nutritional approaches to treating disease states.

In Dr. Kunin's own medical clinic, he practices a strategy of nutrition, detoxification and adaptive support that integrates all aspects of modern preventive health care.

In creating Ola Loa, Dr. Kunin utilized his extensive knowledge of how nutrients work in the body, with the understanding that liquid nutrients absorb better than pills. He created Ola Loa as a means to provide you with the best, most advanced nutrition foundation available.

Dr. Kunin also serves on the Board of Governors of the National Health Federation, a not-for-profit consumer education and health-protection organization founded in 1955. The NHF website contains an extensive listing of Dr. Kunin's nutrition research and medical achievements. SOURCE: <http://www.olaloa.com/sex-and-nutrition.html>

The Importance of Good Facial Development

By Yvonne Vannoort BDS



Why is good facial development important?

As a general dentist seeing many children, I have the opportunity to assess not only the health of children's teeth but also their degree of facial development. My aim is to help children achieve a well balanced face with a functional bite and symmetry of the facial bones which in turn promotes a healthy body.

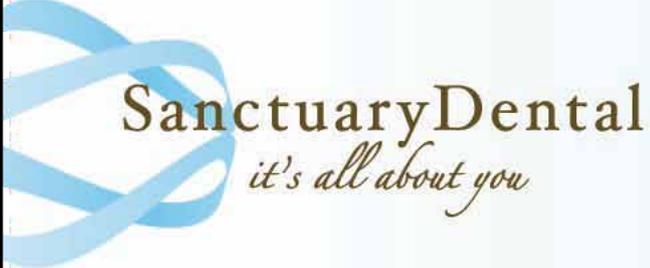
The factors that most influence favourable facial growth are good nutrition, normally functioning facial muscles and tongue, and the ability to breathe well. As facial growth is mostly complete by age 12, it is an advantage to identify at an early age when development is not normal and have the opportunity to intervene and improve this.

Dr. Weston Price, a pioneering dentist, described the influence that nutrition had on indigenous groups of people of the world in the 1920s as they transitioned from their traditional foods to the western diet. The new foods of convenience included white flour, white sugar and other processed and canned foods. When indigenous people were eating their traditional diet they had full faces that allowed for all of their teeth to fit into their

mouths, they had beautiful smiles and healthy teeth and bodies. When their diet changed, the facial growth changed by the next generation and crowded and decayed teeth became common.

The way that the muscles of the face and mouth function, especially the tongue – which is considered to be the architect of the mouth – are important for good facial development. The tongue also needs to rest in the roof of the mouth as this stimulates the parasympathetic nervous system and helps the body to relax. In infancy, the tongue functions differently when the baby is breast fed compared to bottle fed. These patterns of function become habits that last a lifetime. Breastfeeding involves the tongue elevating to the roof of the mouth, the negative pressure induced by this action of the tongue draws milk out of the breast and the baby swallows. Bottle feeding is passive, the milk requires little pressure to be delivered into the mouth, the muscles work differently and less intensely, the tongue does not need to exert pressure in the roof of the mouth. Pacifiers and dummies change the position of the tongue in the mouth and also the way the tongue functions as well. These patterns of tongue function determine how the palate grows which in turn develops the nasal passages and the patency of the airways.

The ability to breathe well through the nose is critical to a well developed face and is one of the most common problems that I see every day. Those children that mouth breathe can have a series of challenges as a result. Children may develop the habit of mouth breathing because of a variety of reasons.



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- A tongue tie that tethers the tongue to the floor of the mouth – please the article in issue 23 of this Journal.
- Allergic responses that result in a blocked nose.
- Sensitivities to foods that result in blocked airways.
- Enlarged adenoids and tonsils.
- A deviated septum of the nose.
- Sleeping in an overheated room or with too much clothing may contribute.

If you suspect your child is mouth breathing, these are the signs to look for:

Watch them during the day, their lips should be together other than when they are talking or smiling. The lips should also be together when they eat and swallow and the tongue normally elevates to the roof of the mouth during a correct swallow. This tongue movement during a swallow which occurs up to 2000x per day, is an important factor in expanding the upper jaw to the correct size. The tongue is a strong muscle, the pressure that this muscle exerts on the bones of the palate is the body's way of developing correctly.

Check that your child's mouth is closed while he or she is sleeping. Children who are mouth breathing will often drool on the pillow and have a restless sleep. They may wake with a blocked nose and be irritable or hyperactive during the day as they haven't achieved good quality sleep. They may not grow as well as expected based on their genetics, as growth hormones are not produced as usual.

Consider your child's digestive system and bladder function. Children who mouth breathe may be constipated as digestion is not as effective as when they nasal breathe. Children may be bed wetting as they lose carbon dioxide from their system when they mouth breathe. Carbon dioxide is a muscle relaxant and without it smooth muscles like the bladder contract and then cause the bladder to empty while they are sleeping.

As the face matures, the effect of mouth breathing on facial development is a longer face than usual, a retruded lower jaw and small chin. The cheekbones are flatter and less pronounced as the middle part of the face is less well developed. The dental arch is the shape that all the upper or lower teeth form. Teeth are often crowded and a narrow dental arch forms which results in a narrow smile. A "gummy smile" is often seen as the upper



Check that babies and children are sleeping with their mouth closed.

jaw has grown lower in relation to the skull than usual and more gum is noticeable above the teeth. There are often dark rims under their eyes, this is called venous pooling as the blood under the eyes drains less well when the middle part of the face is less well developed. Mouth breathers often have dry lips.

When we identify this basic need to breathe through the nose, provide good nutrition and check for correct muscle function, we gain the ability to direct facial growth and promote overall health.

To help achieve optimal facial development there are a number of options, depending upon the age and needs of the child.

- Release of any tongue tie so that there is full movement of the tongue in the mouth.
- Babies that are breastfed for longer than our cultural norms have the advantage of using muscles that promote good facial development. (The baby bottle teats that claim to function more like the breast may be helpful but do not provide the same effect as breast feeding a baby.)
- In the weaning stages, the diet should include some foods that require chewing as these harder foods exercise the facial muscles and promote better facial development.
- Consultation with health providers that identify the causes of a blocked nose, help with food sensitivities and identify allergens are helpful in achieving changes in the body that promote good facial development and breathing.
- Referral to an ENT specialist to check why airways are blocked in some circumstances.
- Orthodontic techniques to expand the jaws and enable all the teeth to fit well into the dental arch, expand the airways, position the jaw joints well and improve the position of the head in relation to the spine.
- The use of particular orthodontic plates for children aged 6 to 9 years, that help the upper jaw not only expand but stimulate it to grow as well, are useful in stimulating facial growth and improving the position of teeth, jaws and jaw joints.
- Myofunctional exercises to strengthen the tongue and facial muscles when necessary.
- Cranial osteopaths and other body workers are helpful in releasing muscle tension and treating cranio-facial abnormalities.
- Buteyko breathing is a very helpful method that trains mouth breathers to nasal breathe. See www.buteykobreathing.nz.

ABOUT THE AUTHOR: Yvonne Vannoort is a general dentist with a special interest in orthodontics and wholistic dentistry. She is the founding dentist of Sanctuary Dental in Botany, Auckland. She is also the principal dentist at 165 Kind Street, Pukekohe.

Food and herbs to eliminate intestinal parasites

By Lori Alton

oil-of-oregano(NaturalHealth365) Parasites lurking deep within the human body may be hidden from sight – but their effects can be far-reaching and serious. Ranging in size from tiny microorganisms to ten-foot-long segmented worms, intestinal parasites can cause inflammation in the brain, muscles, esophagus and skin, and are associated with leaky gut syndrome, irritable bowel syndrome, gastritis, acid reflux, joint pain, seasonal and food allergies – and a host of other problems.

The good news: These noxious pests are vulnerable to certain foods and natural herbal remedies. Read on to discover what these substances are, and how you can use them to rid your body of a parasitic infection.

Intestinal parasites can wreak havoc on our health

Parasites consume nutrients from the food we eat – and can also feed on blood, resulting in a lack of vital iron and protein. In addition, they can cause malabsorption of nutrients, leading to deficiencies.

Some intestinal parasites can enter the bloodstream and travel throughout the body, where they can penetrate body tissues such as liver, lungs and stomach – with serious consequences. For example, parasites lodged in the liver can cause cirrhosis and abscesses.

There are many routes through which parasites can enter the body, including contaminated food – particularly pork, shellfish and scavenger fish – and contaminated water. Some can also be transmitted through the bite of a mosquito or flea, through intimate contact, or even enter through the nose and mouth after a contaminated surface has been touched. Although anyone can get parasites, having low immunity, poor diet and poor hygiene can all raise the risk of infection.

Protozoa and helminths: A pair of health threats

There are two major classes of intestinal parasites.

Protozoa are single-celled microscopic organisms. Examples of infectious parasitological protozoa include *Giardia intestinalis* and *Cryptosporidium*. Because these microorganisms can reproduce inside of humans, infections can be fatal if left untreated. Symptoms of protozoan disease include diarrhea, abdominal pain, nausea, dehydration, fatigue and joint pain.

Helminths are multicellular worms, and include roundworms, flatworms, pinworms – the most common form of helminth in the United States – tapeworms, hookworm and whipworms. Helminths differ from protozoa in that although they can live in your lower intestine, they can't reproduce there. However, they can still cause serious health problems.

Before treating for parasites, make sure you undergo comprehensive tests, including microbiology. After you know which parasites you are fighting, you can try one or more of the

following foods and herbs to eliminate them.

Pumpkin seeds are an anti-parasitological snack

Pumpkin seeds are tasty, crunchy and nutritious. They also have the ability to paralyze helminths, allowing them to be easily flushed from the body, and have been traditionally used as a remedy for parasites.

Some natural health experts advise blending a cup of raw pumpkin seeds with half a cup of coconut milk and half a cup of water, then eating the resultant paste – following up with a glass of water. Although pumpkin seeds can be very effective, results may not be immediate – you may need to repeat the treatment several times.

Garlic: A one-two punch against parasites

Garlic is packed with sulfur-containing amino acids, which help to combat parasites. A compound in garlic known as allicin also helps to kill and expel worms – but the garlic must be sliced, diced or chopped to fully release it.

In fact, the more finely garlic is chopped, the more allicin it releases. After mincing or dicing garlic, let it sit for a few minutes to allow this chemical process to occur. Alternately, you can chew it for at least a minute.

Papaya: A tropical fruit that fights parasites

Along with amino acids, digestive enzymes such as papain (found in papayas) and bromelain (found in pineapples) can create an unfriendly environment for protozoa and helminths alike.

The value of this traditional natural remedy for intestinal parasites was confirmed in a placebo-controlled study published in the *Journal of Medicinal Foods*. Sixty children were treated with a mixture of air-dried Carica papaya seeds and honey, resulting in parasite clearance rates that ranged between 71.4 percent and 100 percent. Researchers praised papaya seeds as an effective, cheap and safe way to treat human intestinal parasites.

In addition to foods such as pumpkin seeds, garlic and papaya seeds, some common herbs have parasite-destroying properties. Just one word of caution: Always consult a naturopathic physician or trusted herbal medicine expert before any serious detoxification program to avoid harming the body.

Let's not forget: Oil of oregano

Highly antimicrobial, oil of oregano – made from *Oreganum vulgare* – can be very effective against intestinal parasites. In a study published in *Phytotherapy Research*, adults who were infected with three different types of parasites were treated with 600 mg of oil of oregano a day. After six weeks, parasites were totally eradicated in 72 percent of the participants; 23 percent greatly decreased their parasite load.

Because researchers think that oil of oregano gets its anti-parasitological powers from carvacrol, be sure to use oil standardized to at least 65 percent carvacrol.

Neem: An ancient remedy for parasites

Antibacterial, antifungal and antiviral, neem

has been used in India for thousands of years to reliably kill parasites both internal and external. The neem tree, scientifically known as *Azadirachta indica*, is native to India, where it serves so many medicinal purposes that it is often referred to as “the village pharmacy.”

One of neem's assets is that it not only kills parasites, but also removes the toxins they leave behind as they are dying. This detoxifying property of neem also makes it a boon to the liver, which is often compromised by parasitic infection.

Wormwood, black walnut and cloves: a potent combination

Wormwood, scientifically known as *Artemisia annua* and also called annual mugwort and Sweet Annie, has pronounced anti-protozoan effects, and is particularly effective at killing parasitic larva. In addition, it stimulates macrophages, which are key in immune system defense against parasitic infestation.

Wormwood is often combined with black walnut, or *Juglans nigra*, and essential oil of cloves. The juglone in black walnut helps to kill parasites, while antimicrobial oil of cloves can destroy virtually all parasite eggs in the intestinal tract. Using these three substances in combination can interrupt the parasitic life cycle, terminating these pests for good.

How diet can help you to avoid parasites

Remember: Organic acids and enzymes help to kill parasites. By eating foods rich in these substances, you can create a body environment that discourages parasitic infection. As a preventative, natural health experts recommend eating six tablespoons of raw, extra-virgin coconut oil, a whole clove of garlic and one large red onion.

High-quality multi-strain probiotics can help deter the establishment of parasites in both the upper and lower gastrointestinal system. Drinking fermented beverages – such as kefir and apple cider vinegar – and eating fermented probiotic-rich foods such as kombucha, miso soup, sauerkraut and kimchi can encourage the growth of beneficial bacteria in the gut and help to ward off infection.

Finally, it is prudent to sharply reduce and eliminate sugar, grains – which break down to sugar in the body – and alcohol.

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6 Natural Remedies for Enlarged Prostate

By Stephanie Watson and Tricia Kinman

- Saw Palmetto
- Beta-sitosterol
- Pygeum
- Rye Grass Pollen Extract
- Stinging Nettle

The Prostate Grows

The prostate is a walnut-shaped gland that wraps around the urethra (the tube that outflows urine). It's part of a man's reproductive system. One of its main jobs is to add fluid (called semen) to sperm. Although the gland starts out small, it tends to enlarge as a man ages. An excessively enlarged prostate results in a disease known as benign prostatic hyperplasia (BPH). Eventually, an enlarged prostate can clamp down on the urethra, restricting the flow of urine from the bladder. This leads to problems such as frequent urination, difficulty in voiding, urinary leakage, and urinary tract infections.

Enlarged Prostate Treatments

There are several treatment options for an enlarged prostate. Men can take alpha blocker drugs such as terazosin (Hytrin) to help relax the prostate muscles, or antibiotics for chronic prostatitis (which may occur alongside BPH). They can also take dutasteride (Avodart) or finasteride (Proscar) for reducing BPH symptoms. They might also undergo surgery to remove the extra prostate tissue. One common surgical procedure for BPH is known as transurethral resection of the prostate (TURP).

In addition, there are also natural remedies that work to combat prostate growth. However, the evidence is debatable on whether these treatments work. The American Urological Association currently does not recommend any herbal therapy for managing BPH. If you do want to try any of these natural remedies, talk to your doctor first.

Saw Palmetto (*Serenoa repens*)

Saw palmetto is an herbal remedy that comes from a type of palm tree. It's been used in traditional medicine for centuries to relieve urinary symptoms, including those caused by an enlarged prostate. According to the National Institutes of Health (NIH), a few small-scale studies have suggested that saw palmetto might be effective for relieving BPH symptoms.

However, the NIH reports that when larger studies were conducted, they didn't find saw palmetto any more effective than an inactive pill (placebo). Saw palmetto is safe, though, and it doesn't cause any serious side effects.

Beta-sitosterol

This prostate remedy is a mixture taken from different plants that contain cholesterol-like substances called sitosterols. Several studies have found that beta-sitosterol can relieve urinary symptoms of BPH, including the strength of urine flow.

There haven't been any major side effects reported with the use of beta-sitosterol, although doctors still don't know all the long-term effects of this natural remedy.

Pygeum (*Pygeum africanum*)

Pygeum comes from the bark of the African plum tree and has been used in traditional medicine to treat urinary problems since ancient times. It's often used to treat BPH symptoms, especially in Europe. Because studies on pygeum haven't been well designed, it's hard to know for sure whether it's effective. The American Academy of Family Physicians does not recommend its use.

Still, a small study reported in *Complementary Therapies in Medicine* found that when prepared with other herbal remedies, it helps reduce the number of trips to the bathroom – both during the day and at night. Pygeum is safe, but it can cause stomach upset in some people who take it.

Rye Grass Pollen Extract

Rye grass pollen extracts are made from three types of grass pollen – rye, timothy, and corn. A review of studies published in BJU International found that men who were taking rye grass pollen extracts reported an improvement in their symptoms compared to those who were taking a placebo.

This supplement seems to be especially helpful for preventing the need to get up during the night and use the bathroom. It can also help men urinate more completely, so there is less urine left in the bladder afterwards.

Stinging Nettle (*Urtica dioica*)

You'll know if you've accidentally touched the common European stinging nettle, as hairs on its leaves can cause a sharp jolt of intense pain. But stinging nettle can have some benefits when used as a medicine. Nettle root is thought to moderate BPH symptoms, and is commonly used in Europe. However, a 2007 review concluded that more studies were needed.

Sometimes nettle is used in combination with other natural BPH remedies, such as pygeum or saw palmetto. Side effects from nettle are usually mild, including upset stomach and skin rash.

Foods to Treat BPH

Eating one type of food or another probably won't prevent BPH or relieve its symptoms, but a healthy diet can help. According to the Mayo Clinic, consuming vegetables that are high in vitamin C and zinc are best for preventing BPH and relieving its symptoms. Drinking moderate amounts of alcohol may help too.

Going the Natural Route

It's important to remember that just because a supplement is labeled "natural" doesn't always mean it's safe or healthy. The U.S. Food and Drug Administration doesn't regulate herbal remedies like it does drugs. That means you can't be totally sure that what's listed on the label is inside the bottle. Herbal remedies can cause side effects. They can also interact with other medicines you take. Check with your doctor before trying any natural supplement.

SOURCE:

<http://www.healthline.com/health/enlarged-prostate/natural-remedies>

Scientific Confirmation:

Turmeric As Effective As 14 Drugs

By Sayer Ji, Founder www.greenmedinfo.com



Turmeric is one the most thoroughly researched plants in existence today. Its medicinal properties and components (primarily curcumin) have been the subject of over 5600 peer-reviewed and published biomedical studies. In fact, our five-year long research project on this sacred plant has revealed over 600 potential preventive and therapeutic applications, as well as 175 distinct beneficial physiological effects. (This entire database of 1,585 ncbi-hyperlinked turmeric abstracts can be downloaded as a PDF at our Downloadable Turmeric Document page, and acquired either as a retail item or with 200 GMI-tokens, for those of you who are already are members and receive them automatically each month.)

Given the sheer density of research performed on this remarkable spice, it is no wonder that a growing number of studies have concluded that it compares favorably to a variety of conventional medications, including:

- **Lipitor/Atorvastatin**(cholesterol medication): A 2008 study published in the journal *Drugs in R & D* found that a standardized preparation of curcuminoids from turmeric compared favorably to the drug atorvastatin (trade name Lipitor) on endothelial dysfunction, the underlying pathology of the blood vessels that drives atherosclerosis, in association with reductions in inflammation and oxidative stress in type 2 diabetic patients. [i] [For addition curcumin and 'high cholesterol' research – 8 abstracts]

- **Corticosteroids** (steroid medications): A 1999 study published in the journal *Phytotherapy Research* found that the primary polyphenol in turmeric, the saffron colored pigment known as curcumin, compared favorably to steroids in the management of chronic anterior uveitis, an inflammatory eye disease.[ii] A 2008

study published in *Critical Care Medicine* found that curcumin compared favorably to the corticosteroid drug dexamethasone in the animal model as an alternative therapy for protecting lung transplantation-associated injury by down-regulating inflammatory genes.[iii] An earlier 2003 study published in *Cancer Letters* found the

same drug also compared favorably to dexamethasone in a lung ischaemia-reperfusion injury model.[iv]

- **Prozac/Fluoxetine & Imipramine** (anti-depressants): A 2011 study published in the journal *Acta Poloniae Pharmaceutica* found that curcumin compared favorably to both drugs in reducing depressive behavior in an animal model.[v] [for additional curcumin and depression research – 5 abstracts]

- **Aspirin** (blood thinner): A 1986 in vitro and ex vivo study published in the journal *Arzneimittelforschung* found that curcumin has anti-platelet and prostacyclin modulating effects compared to aspirin, indicating it may have value in patients prone to vascular thrombosis and requiring anti-arthritis therapy.[vi] [for additional curcumin and anti-platelet research]

- **Anti-inflammatory Drugs**: A 2004 study published in the journal *Oncogene* found that curcumin (as well as resveratrol) were effective alternatives to the drugs aspirin, ibuprofen, sulindac, phenylbutazone, naproxen, indomethacin, diclofenac, dexamethasone, celecoxib, and tamoxifen in exerting anti-inflammatory and anti-proliferative activity against tumor cells.[vii] [for additional curcumin and anti-proliferative research – 15 abstracts]

- **Oxaliplatin** (chemotherapy drug): A 2007 study published in the *International Journal of Cancer* found that curcumin compares favorably with oxaliplatin as an antiproliferative agent in colorectal cell lines.[viii] [for additional curcumin and colorectal cancer research – 52 abstracts]

- **Metformin** (diabetes drug): A 2009 study published in the journal *Biochemistry and Biophysical Research Community* explored how curcumin might be valuable in treating diabetes,

finding that it activates AMPK (which increases glucose uptake) and suppresses gluconeogenic gene expression (which suppresses glucose production in the liver) in hepatoma cells. Interestingly, they found curcumin to be 500 times to 100,000 times (in the form known as tetrahydrocurcuminoids(THC)) more potent than metformin in activating AMPK and its downstream target acetyl-CoA carboxylase (ACC). [ix]

Another way in which turmeric and its components reveal their remarkable therapeutic properties is in research on drug resistant- and multi-drug resistant cancers. We have two sections on our site dedicated to researching natural and integrative therapies on these topics, and while there are dozens of substances with demonstrable efficacy against these chemotherapy- and radiation-resistant cancers, curcumin tops both lists:

- **Cancers: Drug Resistant**

<http://www.greenmedinfo.com/disease/cancers-drug-resistant>

- **Cancers: Multi-Drug Resistant**

<http://www.greenmedinfo.com/disease/cancers-multi-drug-resistant>

We have found no fewer than 54 studies indicating that curcumin can induce cell death or sensitize drug-resistant cancer cell lines to conventional treatment.[x]

We have identified 27 studies on curcumin's ability to either induce cell death or sensitize multi-drug resistant cancer cell lines to conventional treatment.[xi]

Considering how strong a track record turmeric (curcumin) has, having been used as both food and medicine in a wide range of cultures, for thousands of years, a strong argument can be made for using curcumin as a drug alternative or adjuvant in cancer treatment.

Or, better yet, use certified organic (non-irradiated) turmeric in lower culinary doses on a daily basis so that heroic doses won't be necessary later in life after a serious disease sets in. Nourishing yourself, rather than self-medicating with "nutraceuticals," should be the goal of a healthy diet. [Learn more at Sayer Ji's new collaborative project <https://eatomology.com/>.]

(Continued on Page 63)

The Many Uses for Stinging Nettle



Stinging nettle helps to protect against hair loss, kidney stones, allergies, hay fever, osteoarthritis, internal bleeding, uterine bleeding, nosebleeds and bowel bleeding. Stinging nettles protects against enlarged spleen, diabetes, endocrine disorders, stomach acid, diarrhea,

dysentery, lung congestion, cancer and anti-aging, and it is used as a general tonic. It is a blood purifier and it is useful with wound healing. Stinging nettles is used for muscle aches and pains also.

(NewsTarget) If the world knew all the true healing benefits of stinging nettle, they would be rushing to store it by the tons in their basements and they would be growing it instead of grass in their back yards. Stinging nettle is a greatly misunderstood herb that has been put aside for way too long. The entire plant is of value including the leaves, roots, stems and flowers.

Stinging nettle would have been eliminated years ago from the many insects and animals eating this marvelous plant, had it not been for the stings.

In ancient Greek times, the stinging nettle was used mainly as a diuretic and laxative. Now the plant is used for many cures; illnesses include cancer and diabetes.

By simply drinking one cup of stinging nettle tea a day, a mother of seven was relieved of her headaches and eczema. The stinging nettles are a blood purifier and thus clean eczema internally. It is the best blood purifier available and also has an influence over the pancreas. Stinging

nettle also assist in lowering blood sugar.

Stinging Nettle has anti-inflammatory properties and treats illness of the urinary track. The best way to take nettles is early in the morning before breakfast. Make a habit of purifying your blood at least twice a year by drinking this tea every day for one month. You will feel revived with tons of energy and able to work like never before.

Benefits of the stinging nettle plant:

The benefits of stinging nettle are so many that you too will lose count. It is a diuretic; it is used to treat anemia, and it is used for arthritis and rheumatism. Stinging nettle is used for respiratory and urinary problems. It aids in the recovery of eczema, asthma, sinusitis and rhinitis. It protects against skin disorders and aids in the treatment of benign prostate enlargement. It diminishes susceptibility to colds. It is also a good deterrent for pests in the gardens.

Benefits of the stinging nettle root:

1. Urination problems related to prostate problems include nighttime urination, going to the bathroom too often, pain when urinating, not being able to urinate and bladder infection.
2. Joint problems
3. Diuretic and astringent

David Wolfe's advice on making tea with stinging nettle:

During an interview with Kevin Gianni and David Wolfe, the values of stinging nettles were discussed. David said, "Stinging nettles have been eaten by the druids in



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the U.K. for thousands of years and it's one of the most important foods to eat, if you know how to do it or if you juice it or you can just dry it and make a tea out of it, which is what I'm recommending; horse tail, nettle, oat straw.

David suggests a cocktail of herbs to make a tea with. They are horse tail, oat straw, alfalfa and of course stringing nettle.

(Oat straw is the green, unripe part of the plant, both leaves and stems, and is sold as *Avena sativa*, green oats or wild oat extract.)

From the days you start drinking this tea, your bones will increase in density. He states that it is the silicon in stinging nettles that increase the bone density. Sounds like a good idea for sure. French researcher Louis Kervran wrote five books on the subject of calcium and silicon and how they are related to each other.

How do you make nettle tea:

Take one half liter of water and bring to boil with the horsetail already added. Allow it to simmer for a few minutes, then remove from the stove and add in 1 tablespoon of each of the other herbs. Cover the tea pot and let it steep for 30 minutes. Note: It is not necessary to add all four herbs to the tea if they are unavailable to you. You can get many health benefits from the nettle tea alone. It is necessary to drink the tea without any sweetener.

Hives and allergy remedy:

What exactly is nettle rash? It is a patch of red and itchy weals or swellings in the skin. It is similar to the same type of weals which may result from contact with

the stinging nettle. Stinging nettles grows wild in fields and may cause allergic reactions when a person comes in contact with the plant.

Nettle rash may be caused by:

1. Food, eggs, wheat, strawberries and seafood, just to name a few of the culprits.
2. Pollen and fungal spores.
3. Some drugs including antibiotics and NSAIDs.
4. Bites by insects.
5. Virus, bacteria or infections.
6. Contact with the stinging nettle plant.

But amazingly the same plant which causes hives can also cure hives. Dr. Andrew Weil, a doctor and herbalist, suggests, "Using freeze-dried nettle leaf extract to treat hives and allergies. This might sound illogical, but the plant apparently doesn't contain enough histamine to be a problem when it's taken orally, and it does contain substances that help heal hives."

Amazingly, there is a difference in touching the plant and ingesting it. There is news also that the root is more potent than the leaves. If you can get some fresh nettles, handling it carefully [*gloves area a MUST - Ed*], dry the roots and leaves and then make the dried roots into a tea.

Recipes:

Infusion: Place 1/2 liter of boiling water on the stove and add in 1 tablespoon of dried stinging nettles. Cover the pot and let set for 30 minutes. This is a glorified tea recipe.

Baths: This is good for sciatica. Place a large amount of the herbs including the roots in cold water over night. The next morning boil the concoction and place in the bathtub. Soak in the herbs for as long as you feel comfortable. This may also be used as a foot soak.

Shampoo wash: Place one half cup of the dried herbs in a huge 5 liter pot. Bring the herbs to boil slowly. Remove from the stove and keep covered for an additional 10 minutes. Add in some shaved olive oil soap and bring to boil. Cool to a warm mixture and wash your hair with this.

Stinging nettles is an important part of anyone's kitchen to be included with *Nigella sativa*, fresh cold pressed olive oil, olive leaf and grape seeds.

About the Author

Barbi Trejo is a natural hygiene foodist and loves the medicine of the earth. After being diagnosed with MS and early onset dementia last year, she cured herself using herbs and juicing from the earth. She now spends her time helping others. Barbi Trejo lives in Jordan with her cat, Baby. Barbi writes for Suite101, Break Studios and Associated Content. She moderates four forums and six blogs in her spare time.

Barbi has just released her first eBook entitled, *Everything You Would Ever Want to Know About Black Seeds (Nigella sativa) and more*. It can be seen at <http://nigellasativa.weebly.com>

Learn more: http://www.naturalnews.com/027290_stinging_netles_tea_herb.html

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Resources

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SOURCE: www.greenmedinfo.com

Four Herbs That Relieve Joint Pain

Joint pain is one of the greatest inconveniences that can hamper our mobility and decrease the zest we feel for life as we get older. It manifests in symptoms of inflammation which is typically characterized by redness, swollen joints that are warm to the touch, loss of joint function and joint pain and stiffness.

Inflammation may also be associated with fever chills, headaches, loss of appetite, fatigue, low energy and muscle stiffness.

In its worst form, joint pain is a precursor to rheumatoid arthritis. Rheumatoid arthritis, caused by an overactive immune system, is especially scary, since the medical protocol can be quite intense (such as chemotherapy and other therapies which suppress the immune system). To protect your well-being and your pocket, it is advisable to turn to natural remedies in herbs to treat inflammation as well as herbs which cleanse the blood and strengthen the body in general.

Herbs help cleanse metabolic waste products and toxins from our body. They work by supporting the natural cleansing functions of the kidneys, large intestines, increasing blood flow and aiding lymph drainage.

Allowing these wastes and toxins to circulate throughout the body is a cause of inflammation and, when the body is busy attempting to stem joint pain, it's not able to do much else in order to support our health.

Burdock Root



One of the best things for joint pain is to increase your consumption of essential fatty acids. Burdock root has many fatty oils that help to give this wonderful herb many anti-inflammatory properties. You can eat burdock root in food, and you also can chop up the dried root and put it in boiling water. You allow it to simmer for about 10 minutes and then shut off the stove. You strain and drink it while it

is warm. You also can take this herb in a capsule. It definitely is one of the best herbs to reduce inflammation in your joints and relieve joint pain. Turmeric

Turmeric



Turmeric is very effective in reducing inflammation of all kinds in your body. It also helps to relieve pain. It contains several chemicals that decrease inflammation in your body. They are very similar to NSAIDS drugs that are often prescribed for people with joint pain. This anti-inflammatory effect is one of the reasons that turmeric is recommended to people with cancer, cataracts and also Alzheimer's Disease. Ginger

Ginger



Ginger is an anti-inflammatory and antirheumatic agent used in Ayurvedic medicine. Ginger extract blocks activation of inflammatory mediators such as COX-2 and TNF, as well as suppressing the inflammatory prostaglandin E2 pathway. In a two-and-a-half-year study that investigated the effects of powdered ginger on people who had either rheumatoid arthritis or osteoarthritis, approximately 75 per cent of the patients experienced pain relief and decreased swelling, and there were no reports of adverse effects.

Ed note: Both turmeric and ginger have some anticoagulant activity so please check with a health professional if you are taking anti-coagulant medications.

Brown Flaxseed



Flaxseed is an excellent source of Omega-3 in vegan form. It is very important to help you keep your immune system strong. It also is important to fight inflammation. The vegan aspect is important because animal fats can often cause inflammation in people with arthritis. You should try to put two tablespoons of flaxseeds into your diet each day. You should not heat or cook the seeds or the oil, as this will damage the Omega-3. Also, note that if you suffer from irritable bowel syndrome, you should use the oil, and not the seeds. These could cause your condition to worsen.

SOURCE: <http://naturehacks.com/4-herbs-that-relieve-joint-pain/>

ED NOTE:

There are many other ways to relieve joint pain, including a change in diet that incorporates fewer inflammatory foods.

Alkalizing the system may also help to reduce pain.

Drinking more pure water has been known to reduce joint pain.

Please see your health professional for advice, especially if you have hot or swollen joints and/or a temperature or are feeling generally unwell as sometimes joint pain can be a symptom of a viral or bacterial infection.

Olive Leaf Extract: Benefits and Side Effects



Just like the bark of willow, the leaves of olive have been used medicinally for a very long time. Current phyto-pharmacological research also supports the idea that olive leaf extract could be utilized for treating high blood pressure.

High blood pressure (hypertension) is sometimes called the “silent killer” due to its role in contributing to cardiovascular disease and related deaths in the modern world. Any means of treating this problematic condition, especially a natural method, is therefore highly welcome.

Even if you are already taking medication for high blood pressure, it can help to discuss natural remedies with your doctor.

Olive Leaf Extract - What is it?

Olive leaf extract is available as liquid extract made from olives leaves that have been soaked in a mixture of alcohol (ethanol) and water. Olive leaf extract preparations are also available in tablet and capsule form.

Oleuropein is considered to be the most important compound in olive leaf extract. It is a substance with numerous health benefits. It has an exceptionally bitter flavor, that is why oleuropein is normally removed from olives commonly bought in the store. If actually ingested, however, oleuropein has several documented properties and benefits, the primary one being a reduction in blood pressure and a lowered risk of heart disease.

Lowering Blood Pressure

Oleuropein contributes in a few ways to lowering blood pressure. The most immediate is that it has vasodilatory properties. That means that it causes widening and relaxing of the blood vessels, and therefore it allows better bloodflow. If something causes the heart to utilize more force than it usually does for the normal pumping of the blood through the body, the result is high blood pressure. Larger passageways mean less force is required so blood pressure is reduced.

Another way that oleuropein helps regulate blood pressure is because it is a potent antioxidant. The chemical compounds known as free radicals can be brought in the body through various ways (drinking, inhaling smoke, certain foods...) or as a by-product of some of

the normal functions of the body. Free radicals are extremely reactive and will react with anything they come across, creating a reaction that is unwanted because it damages every cell that is affected and leads to a chain reaction.

This affects blood pressure in two ways. The first way is that free radicals can trigger reactions that lead to the inflammation of blood vessels. The other is that the reaction helps the adherence of LDL cholesterol (also known as “bad” cholesterol) to the side of the blood vessels. Both of these effects could result in narrowing of the blood vessels. Therefore, the result is high blood pressure. Oleuropein is interfering with the process of oxidation and it is blocking it from completing.

As it is shown in clinical trials, if humans want to begin benefiting from olive leaf extract, it is necessary to have a sufficient dose. They should have oleuropein (500 mg) twice a day. It should be taken for about eight weeks. This has been a point of some confusion, because 500 mg of olive leaf extract is not always equivalent to 500 mg of oleuropein. If you’re considering purchasing olive leaf extract, make sure you know how much oleuropein is actually in each dosage, and always work alongside your doctor as you engage in treatment.

Other Benefits

Olive leaf extract is not just for blood pressure. It’s capable of addressing numerous other maladies as a result of both oleuropein and other elements contained within.

Anti-pathogen: Oleuropein is an important promoter of the process of phagocytosis. This is the mechanism by which immune cells – called phagocytes – surround, consume, and destroy invaders. Additionally, as much as oleuropein interferes with free radical reactions, it also blocks the reproductive ability of certain viruses and pathogens, such as influenza. So not only can oleuropein promote the immune system, it can make sure there are fewer pathogens that need to be eliminated at the same time.

Anti-cholesterol: As it is already mentioned, oleuropein is interfering with the process which is causing the adher-

ence of LDL cholesterol on the linings of the blood vessel. This prevents cholesterol from building up and helps lower your overall level.

Anti-cancer: Oleuropein is an inhibitor of certain cell lines that are involved in certain forms of breast cancer, skin cancer, and colon cancer. It is known to have a “tumoricidal effect”. It means that it can destroy tumor cells and may restrict the growth of some kinds of tumors too.

Side Effects: Anyone who claims that a treatment, however natural, is free from side effects, may not be being honest. Many things that cause a change in the body are capable of producing side effects, and olive leaf extract is no exception. If you take olive leaf extract, the following may be experienced:

Detox reactions: Pathogenic microorganisms release lots of toxins when they die. While the effect is tolerable in comparison to letting the invaders live, olive leaf extract can sometimes cause what is known as a “die-off effect.” This is the case when the body becomes overloaded with detritus if pathogens are killed en-masse. Rashes, pimples, aches, and diarrhoea are common results as the body attempts to respond to the toxins and subsequently eliminate them.

Enhanced symptoms: Not all of our symptoms from a disease are from the pathogen itself. There are times when the culprit is the immune response of the body. Olive leaf extract promotes the activity of the immune system and that sometimes leads to increasing the severity of immune-related symptoms like inflammation or soreness as well.

Blood glucose interactions: Olive leaf extract is known to affect the level of blood glucose; usually it lowers it. For this reason, people who have diabetes or are taking medications that could affect the level of glucose in the blood, olive leaf extract may cause unwanted drug interactions. As a result, diabetics are not advised not to take olive leaf extract without first consulting with their doctor.

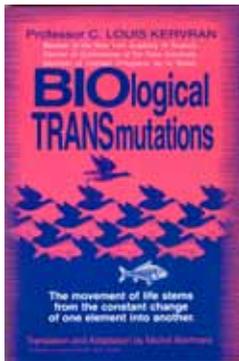
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<http://www.bestherbalhealth.com/olive-leaf-extract-benefits-side-effects/>

Biological Transmutations:

How one element transmutes into another in our bodies

A review of *Biological Transmutations* by Malcolm Harker, M.H.D.



Who would ever believe that sodium can change instantly into potassium, that carbon can give rise to magnesium, that nitrogen in the earth's earliest atmosphere, under the effect of solar rays and cosmic particles,

condensed to silicon or that silica could forget about being silica and become lime instead?

Ask any group of people if they believe this and you will get weird looks and as many weird replies, even though their own body is flat out, unbeknown to them, altering its own chemistry every second of the day.

For those who haven't heard much about the subject, I would like to introduce you to the concept of biological transmutation of mineral matter by focusing on the organic silica to calcium transformation, because these two minerals relate most to rampant skin and osseous disorders so prevalent today.

The intricacies of nature's alchemic chemistry cannot be analysed, compared, duplicated or understood from the confines of laboratory testing. Where modern science goes wrong is in assuming that nature follows their perceptions of natural laws as deduced from within their sterile, antiseptic laboratory environment. Indeed many chemists believe that life is nothing more than chemistry, yet their science is perplexed that even with all its physio-chemistry, many mysteries in the science of life remain enigmatic to them. They are the last to admit that most of their science is a presumption, without true understanding or reasoning.

The agricultural love affair with artificially-made fertilisers that destroys the natural vitality of the soil and artificially overboosts plant growth is a classic example of sheer stupidity, a misadventure condoned by modern technology that

shows a lack of understanding of nature. Despite human ignorance, nature obeys only her own laws in horticulture and agriculture, the last word being that nothing is lost, nothing is created, everything is transformed – and this applies to the soil, plants and animals, including humans.

Back in 1820, French chemist Vauquelin was the first to realise the reality of biological transformation of matter when he analysed excreta from grain-only fed chickens and found they were excreting more calcium than was known to be in the grain they were eating – a difficult thing for the regular science of chemistry of the day to explain because it seemed that the calcium was making itself!

Possibly the first to actually verify the existence of bio-transmutation was an Englishman by the name of Prout, who, a few years later, studied the lime content of eggs and found that the chicks, upon breaking out of the egg, had four times more lime in their bodies than what was available in the egg-matter and the weight of lime in the shells was unaltered. On this account he determined that the lime was created within the egg matter that the chicks fed on within the egg-shell itself via the transmuting of some element, to give lime – an entirely different mineral.

He wrote, however, that he never fully understood the process.

Thirty years later, a German scientist by the name of Vogel added more fuel to the enigma after he sprouted watercress seeds in sulphur-free water in his laboratory, taking care that there was no cross contamination and upon analysis he discovered that there was more sulphur in the cress seedlings than was in the original dry seed. Vogel was more than convinced that

the sulphur was being created by some morphing process within the growing seedlings themselves.

In 1873, Dutchman Rothamsted and Englishmen Lawes and Gilbert showed that plants developed more magnesium than was in the soil and in 1880 German von Herzelee proved that during seed germination some elements increased, even tripled, whilst others diminished and he was able to work out via chemical analysis, which elements were most able to travel atomic pathways to become different minerals.

The slow enlightenment of the phenomena of biological transmutation of matter through the 19th century was certainly an international affair with hundreds of interesting experiments using plants to try and unravel the mystery of how minerals transform into other minerals within nature that was so resistant to explanation in usual chemical and physical terms. Research since then has tended to focus mainly on plants because of their importance in agriculture, but time and again it was proven that regular chemistry had no answers for this phenomena and so modern biological science, including agricultural and medicinal, lost interest and relegated the theory to the "too hard" basket, thus both losing out badly and opening themselves up to making continual errors, going round in circles and generally wrecking the natural health of both land and animal, including humans.



I grew up in the far north of New Zealand in an isolated district where dairy farm land was rotationally fallowed for ten to twelve weeks of the year, because older farmers of the district still valued the old European ways – and benefited from improved grass and crop growth. Fallowing allows the land to rest from hooves, tractors, ploughs, cow manure and urine and applied fertilisers for a good time, encouraging restocking of natural elements and soil organisms.

In 1935, Pfeiffer from Switzerland wrote that he observed that his parents' lawns were in top condition when the soil contained sufficient calcium, but when calcium was depleted in the soil, then daises would appear within a few days over the lawns. The burnt daisy ashes were found to be rich in calcium, leading him to realise that somehow nature deemed that the lime-rich daises were required to replenish the low calcium content of the soil. The lawn soil was later analysed and found to contain substantial amounts of calcium. Where did this calcium come from if not from the daises' lime-rich leaves and flowers when they decomposed back into the soil? His questions remained unsettled for many years and the subject went further into decline through lack of intellectual stimulus.

Sea-Herbs Do Not Extract Iodine From The Sea-Water In Which They Grow

About the same time, a French lecturer by the name of Freundler noticed that certain algae created organic iodine out of seemingly nowhere! He proved that iodine is not absorbed into seaweeds from the surrounding sea-water, as is taught today, but that algae (*laminaria*), manufacture the element from other elements within their structure and thence liberate the iodine into ocean waters.

French geologist de Cailleux added weight to this theory when he was able to show that there was no iodine in pre-Cambrian rocks that could have permeated the oceans with iodine just prior to earliest plant evolution, so where did ocean iodine come from? No-one had an answer for this quandary – until Freundler's revelations.

The work of Professor C. L. Kervran, French bio-scientist, came to the fore with publication of his thesis *Biological Transmutations* in the early 1960s. Perhaps he is more well-known because of his popular high silica product "Kervrans Silica" that was sold through pharmacies and health stores a few years ago, a product made from seaweeds specifically to replenish soft connective tissues, skin, hair and eyes. The herb Horsetail (*Equisetum arvensis*), a major ingredient of his product, is one of the highest sources of organic silica known and has always

been used for bone fractures, which always healed rapidly after its ingestion, as verified by x-ray photos that show rapid re-calcification of broken and fractured bones when organic silica is administered rather than when calcium supplements are given.

According to Kervran, mineral calcium is a terminal by-product, an ash derived from the combustion of atomic processes within the body. Further, he says, calcium is not assimilated by the cells and in fact, in agreement with Plisnier, *cannot enter into the bones as raw calcium at all*. Plants and micro-organisms utilise raw mineral calcium but in higher animals it exists as a residue only, an ash from which bone accrues, (not "grows"). Therefore it becomes prudent to create those conditions whereby the body can make its own calcium for re-calcification of the blood, tissues, connective tissue, gristle, bone and other parts of the body that require organic calcium when it needs to. Nature has several tricks up her sleeve to achieve this and the important one as far as we are concerned is the atomic silica-carbon pathway.

Atomic Evidence That The Body Creates Calcium Automatically From Silica and Carbon

ELEMENT, SYMBOL
Silica + Carbon = Calcium
Si C Ca

ATOMIC NUMBER
(Number of Atoms)

14 + 6 = 20

(Refer: C.L. Kervran: *Biological Transmutations*)

Spring growth in plants yields the highest amount of silica and is when we should be eating plenty of fresh, young and crispy silica-rich raw plant foods to set our winter-tired bodies in supple good shape to face the chores of summer ahead. Organic silica has a decalcifying (reduces built-up calcic, arthritic deposits) and regenerative (rebuilds sound, healthy bone tissue) effect on the skeleton, tendons, muscles, the skin and eyes – in fact all parts of the body, so we can rightfully call it the anti-aging mineral.

Biological transmutation of minerals provides answers for many peculiar anomalies such as why bone fractures do NOT heal efficiently with calcium-fortified supplements when, as science says, calcium is supposed to build strong bones? The problem of decalcification of hardened, calcified, immobile joints in arthritis and the subsequent re-calcification of bone-joints and cartilage tissues, has to

be shown in light of the fact that science admits that its understanding of how bone grows and under what mechanisms, begs for answers. Kervran wrote "there is no purpose served by analysing the quantity of mineral calcium in foods because the body rejects most of it and uses the remainder badly". Bio-transmutation has been ignored by conventional medicine and the plethora of modern-thinking dieticians out there who, unless they have studied bio-transmutation of matter, most likely know very little about the true nature of human dietetics and probably do more harm, unfortunately, than good to those they want to help.

Transmutation of Matter in Herbal Medicine

In herbal medicine, bio-transmutation of matter has hundreds of uses. However, a couple of examples will suffice to illustrate the subject. People suffering from arthritic diseases have been relieved of pain and often cured by the application of organic silica extract from Horsetail, a herb used most successfully for eczema, psoriasis and hardened calcic disorders, all the better with a little potassium bicarbonate added. Even severe rheumatism succumbs to proper organic silica treatment.

People with dentures are at risk of becoming deficient in silica since they may avoid eating raw crispy vegetables because of ill fitting dentures and gum ulcers.

This is where raw vegetable juices are so valuable in old age. (*Ed note: Silica rich herbal teas such as Horsetail tea, are also valuable, provided that there is no contraindication such as kidney disease.*)

Calcium can accumulate inside damaged artery walls as "arteriosclerosis", a hardening disease. This delinquent lime may also form as calcic deposits within bone-joints, heart muscles and elsewhere in soft organs and structures of the body. Kervran says that rogue calculi can even originate from organic calcium in foods and therefore those suffering high calcic disorders should avoid high-calcium foods such as almonds, milk and other dairy foods, and vegetables known to be rich in this mineral. The general consensus amongst enlightened bio-scientists who have studied the issue is that inorganic calcium is not assimilated by the body but accumulates as hard calculi whilst much of it is excreted, more so when organic silica is ingested because ample silica helps dispose of parasitic lime accumulations.

Kervran established that bone fractures healed in less than half the usual time with the use of organic silica enhanced with a little magnesium and potassium

added. In my remedies, I prefer to use unprocessed celtic sea-salt instead because it is rich in magnesium, potassium and most other ocean minerals, performing the same task of liberating and potentiating the main therapeutic mineral, silica in these cases, without having to resort to using the isolated mineral salts as advised by Kervran.

The idea of transmutation is not taken seriously by conventional agricultural science and nutritional dieticians today, yet nowhere other than in the health of the soil is this information more important for human health, which of course is dependent on the health of the soil that our foods are grown in. This is why bio-transmutation is so relevant in agriculture. With this sort of information we can no longer accept that a calorific reading is a true measure of the energy released to the body in the metabolism of foods. Elemental minerals will biologically change into other minerals in the body by the action of certain bacteria and enzymes with a consequent release, or absorption, of energy, all of which annuls present day methods of determining energy values. After exhaustive experiments, many bio-scientists started to doubt commonly accepted figures, realising that calorific values worked out by their old ways were false. Sadly, the science of dietetics plods on becoming even more complex and misunderstood as can be seen by the nutritional standards they have set. The sad consequences of their ignorance may be seen in rest homes where residents grow even sicker, spending their last days table-salted and mince, spud and peas-mealed to death, condoned by so-called nutritional experts who obviously don't know a thing about the true nutritional needs of the body.

Dentistry

One last example involves the teeth. Where repair, recalcification, of bones and teeth is required, a diet rich in calcium has been shown to not achieve this goal. Dr. Plisnier, Belgian specialist in dietetics, observed that children with decaying teeth who had normal amounts of calcium in their diet by classical dietetic standards (from calcium-rich foods including plenty of milk, cheeses and vegetables, as well protein and vitamin D from meats and butter respectively) continued to suffer dentition problems. Within a few months after all these calcium-saturated food-stuffs were removed from their diets and replaced with silica-rich foods, the children's teeth improved immensely. *

Hundreds of instances are now on record where a calcium-low, silica-high diet has improved dentition and healed bone-fractures faster than when a calcium-rich diet was advised, with brittle bones becoming supple, fractures of bones recovering in half the usual time and eyesight improving remarkably. As reported by Charnot and Plisnier, ingested calcium in any form does not lead to re-calcification of bones, teeth, or any other part of the body, a startling revelation in this day of escalating bone and joint disorders, now seen even in young children. Delbert, a colleague of Kervran's, raised a few eyebrows when he announced "It is improbable that calcium phosphate is formed in the bones. We do not know in what form phosphates of calcium arrive in the bones, in fact calcium has never been found to enter into the bones at all!"

It goes without saying that it's not a good idea to accept blindly all we have been taught. The phenomena of biological transmutation of matter, especially in

health of the land, crops, herbs and our body, seriously undermines the credibility of those scientists and medical people who may not want to know about anything about something as divine as "instant-creation of matter". The reality of this phenomenon may make the overly lordly feel uncomfortable because it has the effect of taking away the high mystique and perceived power of doctors, seriously undermining a most privileged and lucrative domain putting responsibility for healing right back where it belongs – in nature's hands.

Everything ever written about "therapeutic" calcium supplementation in medicine and calcium metabolism in agriculture which ignores transmutation of matter must now be seriously reconsidered in light of the reality, the existence of this natural, common, every-day atomic occurrence. To deliberately ignore the nature of biological transmutation of matter, knowing that it is so important, particularly in medicine, is to ignore a truth. Without "truth" there can be no wisdom, without wisdom there can be no trust and without either of those there can be no healing.

READ MORE: http://www.life-enthusiast.com/ormus/orm_bio_transmut.htm

ABOUT THE AUTHOR:

MALCOLM HARKER is one of New Zealand's best known herbalists and is the founder of an eponymous line of herbal products. He is also the author of numerous books including *The NZ Family Health and Healing Lifestyle Manual*, as well as numerous articles in various journals including this one and newspapers.

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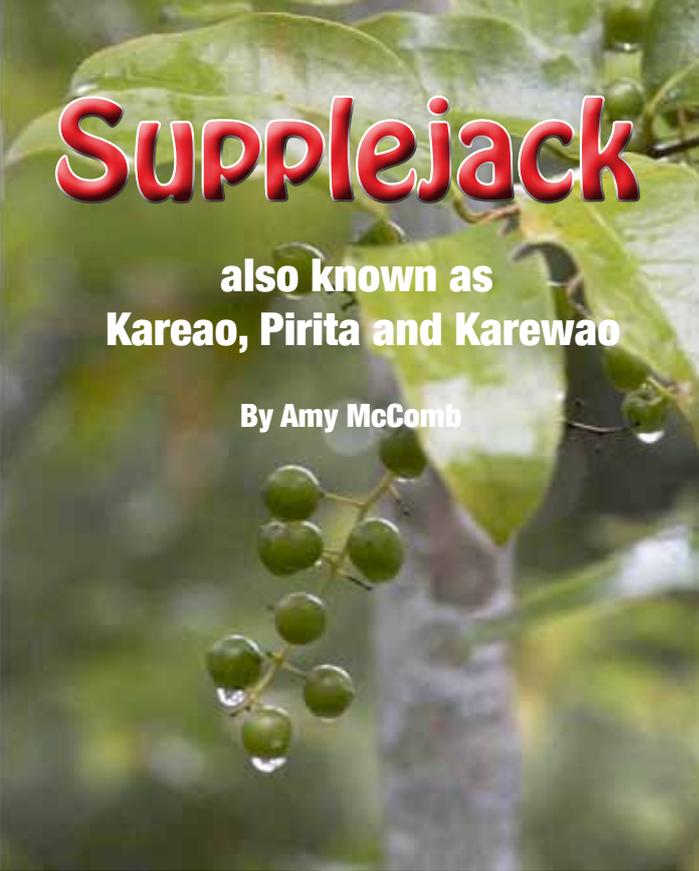


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Supplejack

also known as
Kareao, Pirita and Karewao

By Amy McComb



Kareao (*Ripogonum scandens*) is a vine that is native to New Zealand. The most well-known Maori name “Kareao” can be translated as “twisting rope”, while its common English name is the one used for the plant by the sailors on Captain Cook’s ship during its 1773 voyage around the country. This widespread lowland forest vine is extremely useful, both medicinally, food-wise and in terms of its structural uses.

Supplejack vines grow by coiling and when there is an absence of physical support the vines drop to the ground and twist around on the forest floor making walking through the forest like jumping through hoops! In the first year, plants resemble a small shrub and it is from the second year that the plant starts to resemble a vine. In the summer months, Supplejack, or Kareao, can grow at a breakneck speed; its tips can elongate by five centimetres in a single day.

Kareao is highly edible. The shoots are full of moisture, handy in a survival situation. They taste like asparagus to some or green beans to others. Some people prefer the shoots cooked, but I like them fresh. My daughter likes to eat the shoots with lemon; she says they have quite a sweet taste this way! The seeds are dry and not so tasty but contain nutritious fatty acids. The sap and leaves are edible as well. The roots are rich in starch and very nourishing for the adrenals and kidneys. On the forest trips in the NZ herbal course that I run, we routinely harvest and spend time preparing Supplejack roots. Edible wild foods are wonderful to know for many reasons. Food costs are rising, and free wild food is readily abundant

in many parts of New Zealand. Wild foods can be very nutritious and can also help treat various medical conditions. As Hippocrates said some time ago...’Let food be thy medicine and medicine be thy food’.

Kareao is, and has been, extremely useful for constructing many things. Both Maori and Pakeha have used this tough vine to tie down walls and roofs of their homes, to make crayfish pots, eel traps, ladders, flooring platforms in canoes and baskets. At one time, the vines were beaten to make them soft and pliable and then loosely woven into a frame to hold babies when they were learning to walk.

Medicinally, Kareao is a diuretic, tonic and alterative. It is a herb that improves health by increasing eliminative functions and also through increasing the absorption of nutrients.

A decoction of the roots has been used as a universal remedy for skin troubles, rheumatism, treating urinary complaints, bowel disorders, fever and general weakness. The root decoction can also be applied topically to relieve rheumatism or painful joints. A cold infusion of the leaves was also taken as a drink to treat chronic rheumatism.

A tea made from the roots tastes slightly sweet and is soothing to a sore throat. It was a favourite medicine of the early European herbalists of this country as well as Pakeha families who used it as a substitute for Sarsaparilla. (Until recently, Kareao was categorised in the Sarsaparilla or *Smilacaceae* family.)

The root decoction, being a blood tonic and good for the adrenal glands, can be very helpful in helping people withdraw from pharmaceutical medications.

A liquor was prepared in former times by skinning the underground roots, beating them to a pulp, steeping them in water, then straining off the liquor for use as a medicine.

A cold infusion of the leaves is demulcent, forming a soothing film over mucous membranes.

The juice of the young shoots was rubbed on the skin for the “itch”. The stems were bruised and the juice applied for venereal disease, syphilis. A decoc-

tion containing Kohekohe bark and Kareao roots was taken three times daily before meals for “sexual diseases generally”.

If an infusion of the leaves is made stronger it can have laxative effects. In very large doses, the leaf and root infusion of Kareao were occasionally used as an abortifacient, so the use of the plant internally should be avoided during pregnancy by anyone who is not sufficiently familiar with the plant to be able to determine a safe dosage.

Kareao has also been proved as a haemostatic (an agent that stops bleeding). If a crushed root is applied to a wound, it halts bleeding. Other methods include burning the end of a twig and applying this to cauterize a wound, or breaking off a young shoot and applying the juice which exudes from it to a wound for the same purpose.

When I’ve journeyed with the vine, I have found that Kareao teaches about bringing things full circle, putting things to rest, moving forward whilst taking full responsibility and being fully connected with ourselves. It is a plant that helps to release grief and trauma and is very good support in these areas, whether through drinking the root decoction, eating the shoots or just being with the plant and connecting with its essence.

Homeopathics are made from Supplejack to help bring confidence to life choices, support strength and flexibility, and build self esteem and contentment in one’s life.

This underrated vine is a very special and nutritive *Taonga* and can be found growing in most of our “backyards”. Highly accessible in the lowland NZ bush, Kareao is a treasure that was once well-known and we are just beginning to take notice of it again.

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About the Author: Amy McComb, BSc, is a traditional herbalist. Her website is <http://www.plantrhythms.com/>.

THE BENEFITS OF AGED GARLIC FOR CORONARY CALCIUM SCORE



By Dr. Jeffrey Dach, MD

Already a culinary favorite, new research indicates that garlic is beginning to look like an excellent alternative to statin drugs.

Jim has an elevated coronary calcium score in the 95th percentile indicating high risk for future heart attack. He is being treated by his cardiologist with daily aspirin and atorvastatin (lipitor), a statin drug to reduce cholesterol.

Currently we are following a number of similar patients with elevated coronary calcium score treated with statin drugs by their cardiologist. The elevated calcium score indicates higher risk for future coronary event such as chest pain, angina, heart attack etc. Current cardiology dogma dictates treatment with statin drugs to lower cholesterol, thus preventing heart disease.

Cholesterol Theory has Been Falsified

The problem with this cardiology dogma is the cholesterol theory of atherosclerotic disease has been falsified by many studies which are summarized nicely by Dr. William R Ware from the University of Ontario. Dr Ware's fine article in *Medical Hypotheses* 2009, reveals there is no correlation between serum cholesterol and the amount of atherosclerotic plaque when reviewing either autopsy studies or coronary calcium score studies.(9) Thus, the theory that elevated cholesterol causes atherosclerotic plaque is essentially falsified.

Statin Drugs Disappointing for Calcium Score

Two randomized trials using statin drugs to reduce calcium scores showed disappointing results.(10,11)

In Dr. Housley's trial published in *Heart* 2006, 102 patients were randomized and treated for two years with either 80 mg/d atorvastatin (lipitor) or placebo.(10) As expected, the statin treated group had a 53% reduction in LDL cholesterol, while the placebo group had no change in theirs. The researchers were expecting benefit from the statin treatment. They found the opposite. Paradoxically, the statin group had greater increase in calcium score (26%) than the placebo group (only 18%). The authors concluded: "statin treatment does not have a major effect

on the rate of progression of coronary artery calcification."(10)

The second trial by Dr Schmermund in *Circulation* 2006 randomized 471 patients with no pre-existing coronary artery disease, treated for one year with either low dose (10mg/d) or high dose (80 mg/d) atorvastatin therapy. In the high dose group (80 mg/d) the LDL cholesterol was reduced from 106 to 87 mg/dL (approximately 20% reduction). However, the low dose statin group had no change in LDL cholesterol from baseline (108 vs 109 mg/dL). The authors were expecting reduction in progression of calcium score in the high dose statin group with a 20% reduction in LDL cholesterol. They were surprised to find no difference in calcium scores between the two groups. The high dose atorvastatin group actually had slightly greater progression of calcium score (27%) vs (25%) for the low dose group. The authors concluded; "Coronary artery calcification (CAC) progression showed no relationship with on-treatment LDL cholesterol levels."(11)

According to Dr. Gill in a 2010 report: "As of the year 2010 there had been five randomized controlled studies showing that statin drug treatment does not reduce coronary calcium score. Worse, the statin treatment showed progression of coronary calcium score indistinguishable from the non-treated placebo group.

What Interventions Have Been Successful in Reduced Calcium Score?

As we can see from the above studies, statin drugs are quite effective for lowering cholesterol, yet fail to reduce or slow progression of calcium score. Again, this provides even more evidence falsifying the cholesterol theory of atherosclerotic heart disease. Perhaps we should look elsewhere for a treatment modality in the patient with elevated calcium score.

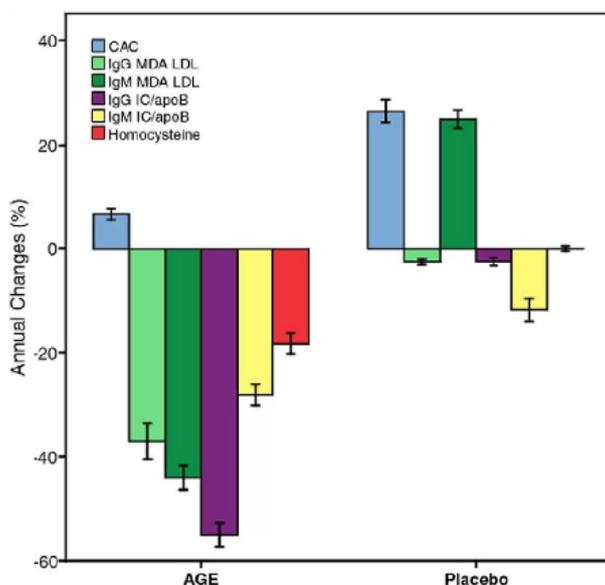
Dr. Matthew J Budoff did just this, exploring the use of Aged Garlic in retarding progression of calcium score in three studies.(1-3)

In the first study published

in 2006 *Journal of Nutrition*, twenty three "high risk" patients maintained on a stable dose of statin drug and aspirin were randomized to either placebo or 4 mL of Aged Garlic (1200 mg KYOLIC Aged Garlic Liquid) After one year of treatment, the Aged Garlic group showed a 7.5 % progression of calcium score, considerably lower than the 22.2% progression in the placebo group.(1) Remember that both groups were maintained on statin drugs during the one year study.

In the second study by Dr. Budoff published in *Preventive Medicine* 2009, sixty five "intermediate risk" patients, all maintained on statins, were randomized and treated for one year with either placebo or Aged Garlic Extract (250 mg).(2) In addition, the garlic group was vitamins: Vitamin B12 (100 microg), folic acid (300 microg), Vitamin B6 (12.5 mg) and l-arginine (100 mg). (The product used was: Kyolic 108 Aged Garlic by Wakunaga). After one year of treatment, the Aged Garlic Group had significantly less Coronary Artery Calcification progression (6.8%) compared to the placebo group (26.5%). (see Table 2, Budoff *Preventive Medicine* 2009). In addition the garlic group had "favorable improvement in oxidative biomarkers and vascular function."(1)

ILLUSTRATION: Showing Aged Garlic Group left and placebo right. Aged Garlic Group (left bars) shows lower progression of calcium score (blue bar), reduction in IgG IgM MDA LDL, IC/apoB oxidative bio-markers and reduction in Homo-



cysteine (red bar) compared to placebo (right). Courtesy of Aged garlic extract retards progression of atherosclerosis Budoff Preventive medicine 2009 .

A third study by Dr. Matt Budoff in the 2012 *Journal of Cardiovascular Research* randomized 65 firefighters to one year treatment with either Aged Garlic plus Co-Q-10 (Kyolic Aged Garlic-Co-Q10 Formula 110, Wakunaga) or to placebo. (3) Some were taking statin drugs. About 25% of the Aged Garlic+CoQ10 were on statins, compared to 31% of placebo group were on statins.

After one year of treatment the aged Garlic group showed less progression of calcium score (32 vs. 58 absolute) and (18.9% vs 27.4%). CRP was also lower in the Garlic group. *See below Image: Table One (Courtesy Budoff 2012.(3))*

Variables	AGE +CoQ10	Placebo	P value
<i>Baseline</i>			
Age (years)	55 ± 6	54 ± 5	0.6
Gender (Male)	100%	100%	-
CAC	169 ± 29	211 ± 49	0.6
hsCRP	1.9 ± 2.1	1.9 ± 2.4	0.9
BMI	28 ± 3	29 ± 4	0.5
<i>Absolute change at 1-year follow-up</i>			
CAC	32 ± 6	58 ± 8	0.01
hsCRP	-0.12 ± 0.24	0.91 ± 0.56	0.01
BMI	-0.47 ± 0.82	0.28 ± 1.27	0.03

BUN = Blood urea nitrogen; CVD = Cardiovascular disease; FHx = Family history of cardiac disease; HDL = High-density lipoprotein; HTN = Hypertension; LDL = Low-density lipoprotein; n = Number.

Additional Benefits of Garlic

In a 2013 study by Dr. Kumar, garlic was found beneficial as an adjunct to Metformin 500 mg twice a day (BID) in obese diabetics.(12) Garlic lowers blood pressure has been found useful in hypertensive patients.(13) In addition, garlic has anti-microbial properties and has uses as an anti-microbial agent.(4-8)

Garlic Reduces Calcium Score Progression, Mechanism of Action

My previous article discussed the failure of the cholesterol hypothesis, and recent revelations about atherosclerotic plaque as infected biofilm, and the association with increased gut permeability, also called "Leaky Gut." This would certainly explain our somewhat paradoxical findings in the three studies by Dr Matthew Budoff showing garlic more effective than statin drugs. A natural antimicrobial agent, the lowly garlic bulb, shows ability to retard progression of calcium score while the high and mighty statin drug fails, even though cholesterol is reduced.

Garlic as Anti-Microbial

Although various mechanisms have been proposed to explain the benefits of garlic in cardiovascular disease, I would like to concentrate on garlic as an anti-microbial agent.(4-8) Unlike conventional antibiotics which may disrupt the normal intestinal flora, garlic's antimicrobial properties act against pathogenic gut bacteria with relative sparing of the beneficial, "friendly" gut bacteria.(4) Dr. Bayan in 2014 says:

"Garlic exerts a differential inhibition between beneficial intestinal microflora and potentially harmful enterobacteria"(4) Dr. Rees studied garlic's antimicrobial activity finding broad spectrum activity against "many bacteria, yeasts, fungi and virus. All microorganisms tested were susceptible to garlic."(5)

Dr. Filocamo in 2012 studied garlic in a bacterial population representative of the colonic microbiota. *Lacto-bacillus* was more resistant to Garlic compared to the Clostridial which was more susceptible. The author suggested the "consumption (of garlic) may favor the growth of these beneficial bacterial species in the gut. Garlic

intake has the potential to temporarily modulate the gut microbiota."(6) A full discussion of the antimicrobial spectrum of Garlic can be found in an excellent article in 2015 by Dr Packia Lekshmi(7) Mark Slevin's 2012 article reported on natural products with vascular protective properties and significant anti-atherogenic potential. Dr. Slevin mentions Aged Garlic, resveratrol and green tea extract (EGCG) as the most promising.(8)

Pseudomonas BioFilm in Atherosclerotic Plaque Material

Dr Bernard Lanter studied atherosclerotic plaque specimens, identifying *Pseudomonas* 16S rRNA genes in 6 of 15 cases, indicating colonization by *Pseudomonas* biofilms.(14) The virulence of *Pseudomonas* is attributed to quorum sensing, the ability of the bacterial cells to communicate with one another to form Bio-Films.(16) Dr. Bjarnsholt considers disruption of this quorum sensing to be the key to controlling *Pseudomonas* biofilm infections. That is exactly what Garlic does. *In vitro* and *in vivo* animal studies show garlic inhibits quorum sensing and virulence of *Pseudomonas*. (15) An excellent way to study the effect

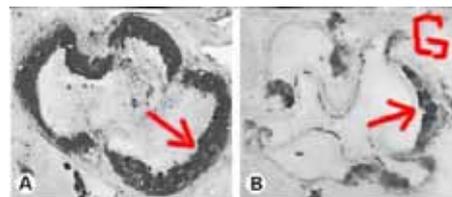
of allicin, the active ingredient in Garlic, on the *Pseudomonas* organism is to tag the bacteria with the Green Fluorescent Protein (GFP). This was published in the 2013 with an elegant series of in-vitro experiments using allicin treated GFP-modified *Pseudomonas* organisms.(17) Dr. Lihua's group showed that:

"Allicin treatment not only reduced the adhesion ratio of *P. aeruginosa*, but also inhibited EPS (extracellular polysaccharide) secretion and down-regulates production of some Quorum Sensing-controlled virulence factors. These results imply that allicin can disturb the formation and maturation of *P. aeruginosa* biofilm, and suggest that allicin may represent a promising therapeutic candidate for the management of *P. aeruginosa* biofilms."(17)

Poly-Microbial Colonization

Others have found diverse colonies of bacterial, fungal and protozoal life-forms colonizing biofilms in atherosclerotic plaque specimens,(18-20) In view of this, investigating other botanical agents with known antimicrobial activity might also be useful, such as olive leaf extract, oregano oil, berberine, etc. Perhaps a combination of such natural products would have a more powerful synergistic effect. Other natural anti-microbials such as colloidal silver, and Iodine should be considered as well. This would be a fertile area for future research.

Garlic and Atherosclerotic Plaque Regression – Ayelet Gonen



Above image Fig. 1. Daily treatment with allicin reduced the atherosclerotic lesion area in apoE mice. (A = placebo treated , B) Allicin treated. Courtesy of Antiatherogenic effect of allicin Pathobiology 2005 Gonen.

Garlic Reduces Plaque in Genetically Modified Mice

One might say the benefits of garlic on slowing calcium score progression are nice, but what about preventing plaque formation itself? This question was studied in atherosclerotic mice by Ayelet Gonen's group at the Institute of Lipid and Atherosclerosis Research, Sheba Medical Center, Tel Hashomer Israel. Dr. Gonen studied the effect of daily allicin treatment (the active ingredient in garlic) in mice genetically modified to form atherosclerotic plaque in the aortic sinus. These were

cles. This, they speculated, was the mechanism for atherosclerosis prevention.

Future Research

As mentioned above, independent researchers have found polymicrobial organisms colonizing biofilms in atherosclerotic plaque.

One question I have is this: Why not conduct a series of experiments using these same techniques to look for infected biofilms in the atherosclerotic plaque material in animal models of atherosclerosis? Perhaps the Institute of Lipid and Atherosclerosis Research might collaborate and share mouse plaque specimens with Drs. Fry, Lanter and Ott. This would answer an important question. What is the timing of the infection in the plaque? Is infection a prerequisite for plaque formation, or, does infection seed the plaque afterwards? Exactly when in the life cycle of the atherosclerotic plaque does the infection occur? Is garlic's preventive mechanism solely a result of preventing LDL oxidation and inhibiting macrophage uptake as Dr Gonen speculates? Or does infection also play a role in these supposedly "pristine" animal models of knock-out mice genetically bred to form atherosclerosis? These and other question could be answered by studying plaque from animal models using the 16s RNA cloning and fluorescent imaging techniques used in Dr Lanter, Ott and Fry's labs.

Our program for Elevated Calcium Score:

- Aged Garlic, Berberine, Co-Q-10, L-Arginine, Reveratrol, Pterostilbene
- Homocysteine reducing program: B6, B12, Methylfolate
- Linus Pauling Protocol: Lysine, Proline, Vitamin C, Tocotrienols
- William Davis Track Your Plaque Protocol: Niacin, Omega-3 Fish Oil, Vitamin D3, Vitamin K2, Eliminate Wheat products
- Weight Reduction: Hormone Optimization (optimize thyroid, testosterone, estrogen progesterone)
- Heal the Leaky Gut: Probiotics, Glutamine, Colostrum
- Eliminate NSAIDS: PPI's which cause dysbiosis and leaky gut.
- Eliminate Pesticides: Glyphosate and GMO food, eat organic.

Update 2016: Benefits of Di-Allyl-Sulfate from garlic review article. See: Rao, P.S.S., et al. "Diallyl sulfide: potential use in novel therapeutic interventions in alcohol, drugs, and disease mediated cellular toxicity by targeting cytochrome P450 2E1." *Current Drug Metabolism* 16.6 (2015): 486.

Articles With related Interest

"Atherosclerotic Plaque as Infected Biofilm"
"Preventing Heart Attacks with Ouabain"

"Thyroid Pills Prevent Heart Attacks"
"How to Reverse Heart Disease with the Coronary Calcium Score"
"Heart Disease Vitamin C and Linus Pauling"

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(AGE+S) favorably affects inflammatory and oxidation biomarkers, vascular function and progression of atherosclerosis as compared to placebo. METHODS: In this placebo-controlled, double-blind, randomized trial (conducted 2005-2007), 65 intermediate risk patients (age 60+/-9 years, 79% male) were treated with a placebo capsule or a capsule containing aged garlic extract (250 mg) plus Vitamin B12 (100 microg), folic acid (300 microg), Vitamin B6 (12.5 mg) and L-arginine (100 mg) given daily for a 1 year. All patients underwent coronary artery calcium scanning (CAC), temperature rebound (TR) as an index of vascular reactivity using Digital Thermal Monitoring (DTM), and measurement of lipid profile, autoantibodies to malondialdehyde (MDA)-LDL, apoB-immune complexes, oxidized phospholipids (OxPL) on apolipoprotein B-100 (OxPL/apoB), lipoprotein (a) [Lp (a)], C-reactive protein (CRP), homocysteine were measured at baseline and 12 months. CAC progression was defined as an increase in CAC>15% per year and an increase in TR above baseline was considered a favorable response. RESULTS: At 1 year, CAC progression was significantly lower and TR significantly higher in the AGE+S compared to the placebo group after adjustment of cardiovascular risk factors (p<0.05). Total cholesterol, LDL-C, homocysteine, IgG and IgM autoantibodies to MDA-LDL and apoB-immune complexes were decreased, whereas HDL, OxPL/apoB, and Lp (a) were significantly increased in AGE+S to placebo. CONCLUSION: AGE+S is associated with a favorable improvement in oxidative biomarkers, vascular function, and reduced progression of atherosclerosis.

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of Cardiovascular Disease Research 3.3 (2012): 185-190. PMC. Web. 11 June 2015. Aged garlic extract (AGE) and coenzyme Q10 (CoQ10) have been shown to affect multiple cardiovascular risk factors. The current study evaluates the effect of AGE combined with CoQ10 on inflammatory markers and progression of coronary atherosclerosis compared with placebo. Methods and Results: In this placebo-controlled, double-blind, randomized trial, 65 intermediate risk firefighters (age 55 ± 6 years) were treated with a placebo capsule or a capsule containing AGE and CoQ10 (AGE+CoQ10, 1200 and 120 mg, respectively) daily for 1 year. All participants underwent coronary artery calcium (CAC) scanning and C-reactive protein (CRP) at baseline and at 12 months. At 1 year, mean CAC progression was significantly lower in AGE+CoQ10 (32 ± 6 vs. 58 ± 8, P = 0.01) than placebo. Similarly, CRP were significantly decreased in AGE+CoQ10 compared with placebo (-0.12 ± 0.24 vs. 0.91 ± 0.56 mg/L, P < 0.05). After adjustment for age, gender, conventional cardiac risk factors, and statin therapy, AGE+CoQ10 was associated with 3.99 fold (95% 1.3-12.2, P

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An aqueous extract of freeze-dried garlic (*Allium sativum*), when incorporated into growth media, inhibited many representative bacteria, yeasts, fungi and a virus. All microorganisms tested were susceptible to garlic. Quantitative assessment of the minimum inhibitory concentrations for bacteria and yeasts showed values ranging from 0.8 to 40.0 mg garlic ml(-1). Fungal radial colony growth was inhibited by at least 25% at concentrations as low as 2.0 mg garlic ml(-1). The 50% end-point neutralization titre for rotavirus was 2.4 to 2.8 µg ml(-1). Lactic acid bacteria were the least sensitive microorganisms to the inhibitory effects of garlic. In mixed culture studies of *Lactobacillus acidophilus* and *Escherichia coli*, garlic prevented the establishment of *E. coli*, although the final outcome of competition was not affected.

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Garlic (*Allium sativum*) is considered one of the best disease-preventive foods. We evaluated in vitro the effect of a commercial garlic powder (GP), at concentrations of 0.1% and 1% (w/v), upon the viability of representative gut bacteria. In pure culture studies, *Lactobacillus casei* DSMZ 20011 was essentially found to be resistant to GP whereas a rapid killing effect of between 1 and 3 log CFU/ml reduction in cell numbers was observed with *Bacteroides ovatus*, *Bifidobacterium longum* DSMZ 20090 and *Clostridium nexile* A2-232. After 6h incubation, bacterial numbers increased steadily and once the strains became resistant they retained their resistant phenotype upon sub-culturing. A colonic model was also used to evaluate the effect of GP on a mixed bacterial population representing the microbiota of the distal colon. Lactic acid bacteria were found to be more resistant to GP compared to the *clostridial* members of the gut microbiota. While for most bacteria the antimicrobial effect was transient, the *lactobacilli* showed a degree of resistance to garlic, indicating that its consumption may favour the growth of these beneficial bacterial species in the gut. Garlic intake has the potential to temporarily modulate the gut microbiota.

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To evaluate the effect of intensive lipid-lowering treatment on coronary artery calcification in a substudy of a trial recruiting patients with calcific aortic stenosis. Methods: In a double blind randomised controlled trial, 102 patients with calcific aortic stenosis and coronary artery calcification were randomly assigned by the minimisation technique to atorvastatin 80 mg daily or matched placebo. Coronary artery calcification was assessed annually by helical computed tomography. Results: 48 patients were randomly assigned to atorvastatin and 54 to placebo with a median follow up of 24 months (interquartile range 24-30). Baseline characteristics and coronary artery calcium scores were similar in both groups. Atorvastatin reduced serum low density lipoprotein cholesterol (-53%, $p < 0.001$) and C reactive protein (-49%, $p < 0.001$) concentrations whereas there was no change with placebo (-7% and 17%, $p > 0.95$ for both). The rate of change in coronary artery calcification was 26%/year (0.234 (SE 0.037) log arbitrary units (AU)/year;

$n = 39$) in the atorvastatin group and 18%/year (0.167 (SE 0.034) log AU/year; $n = 49$) in the placebo group, with a geometric mean difference of 7%/year (95% confidence interval -3% to 18%, $p = 0.18$). Serum low density lipoprotein concentrations were not correlated with the rate of progression of coronary calcification ($r = 0.05$, $p = 0.62$). **Conclusion:** In contrast to previous observational studies, this randomised controlled trial has shown that, despite reducing systemic inflammation and halving serum low density lipoprotein cholesterol concentrations, statin treatment does not have a major effect on the rate of progression of coronary artery calcification.

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Background: Recent clinical trials have suggested that intensive versus standard lipid-lowering therapy provides for additional benefit. Electron-beam computed tomography provides the opportunity to quantify the progression of coronary artery calcification (CAC) in serial measurements.

Methods and Results: In a multicenter, randomized, double-blind trial, 471 patients (age 61 ± 8 years) who had no history of coronary artery disease and no evidence of high-grade coronary stenoses (>50% diameter reduction) were randomized if they had ≥ 2 cardiovascular risk factors and moderate calcified coronary atherosclerosis as evidenced by a CAC score ≥ 30 . Patients were assigned to receive 80 mg or 10 mg of atorvastatin per day over 12 months. Progression of CAC volume scores could be analyzed in 366 patients. After pretreatment with 10 mg of atorvastatin for 4 weeks, 12 months of study medication reduced LDL cholesterol from 106 ± 22 to 87 ± 33 mg/dL in the group randomized to receive 80 mg of atorvastatin ($P < 0.001$), whereas levels remained stable in the group randomized to receive 10 mg (108 ± 23 at baseline, 109 ± 28 mg/dL at the end of the study, $P = NS$). The mean progression of CAC volume scores, corrected for the baseline CAC volume score, was 27% (95% CI 20.8% to 33.1%) in the 80-mg atorvastatin group and 25% (95% CI 19.1% to 30.8%) in the 10-mg atorvastatin group ($P = 0.65$). CAC progression showed no relationship with on-treatment LDL cholesterol levels.

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<http://jeffreydachmd.com/curriculum-vitae/>

SOURCE: <http://www.greenmedinfo.com/blog/coronary-calcium-score-benefits-aged-garlic-0>

Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of GreenMedInfo or its staff.

silica – the forgotten mineral

question: What you think of the Linus Pauling protocol – lysine, proline and high dose Vitamin C? (*This features in our last issue #23 – Ed*)

answer: I think they are still overlooking the most important aspect of arteriosclerosis, which is silica deficiencies. We can easily get lysine and proline in our diets. Proline is also synthesized in the body.

Vitamin C is also easily obtained from the diet, and is not required in high amounts. In fact excess vitamin C is broken down into oxalic acid, which is not good for the body. (*Ed note: This is very controversial, as many scientists like Pauling believe that high dose Vitamin C is absolutely necessary to achieve healing in many instances.*)

What they are trying to obtain is an increase in collagen and elastin. This requires silica, vitamin C, traces of copper and zinc along with the amino acids proline, hydroxyproline, lysine, hydroxylysine and glycine. So as we can see they are actually overlooking a few essential items.

Again, of the most importance is the silica, which is the most difficult nutrient of the list to obtain. In fact if we really look at most of the "aging" diseases and disorders such as osteoporosis, osteoarthritis, emphysema, diverticulitis, wrinkles, etc. are based on silica deficiencies leading to a loss of collagen and elastin. Arteriosclerosis is no different. The lack of collagen and elastin leads to a weakening of the arterial walls forming aneurysms and other forms of damage. The damage can lead to inflammation, which in turn leads to the plaque formation. The plaque forms because cholesterol is a healing agent for the body. Where there is damage cholesterol will accumulate to promote healing. In the case of the arteries the cholesterol deposits over the damaged area to help with healing the damaged area. If the source of inflammation is not addressed though the cholesterol will keep accumulating leading to the blockages we associate with the cholesterol. But as we can see it is not high cholesterol that leads to the heart disease but rather the arterial inflammation.

This brings up the other important function of silica in the arteries. Not only does silica play a role in the formation of collagen and elastin, which gives the blood vessels their strength and elasticity, but the silica also helps reduce arterial inflammation due to its natural anti-inflammatory properties.

The herbalist Susun Weed says that a study found that people doing vit c supplementation developed "older looking arteries". I'm assuming this only goes for ascorbic acid, the synthetic stuff.

I think what she is referring to is the study back a while ago that claimed that vitamin C increased the risk of heart disease. This actually came about from a misinterpretation of the findings. What the study found was that the vitamin C increased

the thickness of the arterial wall, which is what it is supposed to do. The arteries have to withstand much higher pressures than veins so their walls are much stronger and more muscular. If the walls thin out too much they are much more prone to aneurysm and other forms of damage. But we all know how the medical profession will manipulate or misinterpret studies to make herbs and supplements appear dangerous. This was no different. Despite the artery thickening being not only normal but also beneficial what was released to the public was this was increasing the risk of heart disease. Their reasoning was the thickening of the arterial wall was narrowing the inner diameter of the arteries. But this really is not the case since it is a muscle and the walls can dilate or constrict to control the amount of blood flow through it. So even if the arterial wall did thicken by .0001mm this is not going to make a bit of difference in the amount of blood flow going through the artery. Again the studies sole purpose was to make a supplement look bad.

SOURCE: <http://www.curezone.org/forums/am.asp?i=1629766>

Two of the best sources for silica are horsetail tea and oatstraw tea – Ed.

Health Benefits of Silicon Organic Facts
www.organicfacts.net

- Helps maintain natural glow of skin
- Reduces signs and symptoms of aluminium toxicity
- Helps strengthen bones
- Reduces risk of alopecia
- Aids in improving quality of nails
- Aids in healing of bone dislocations and fractures
- Reduces risk of cardiovascular diseases

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HOMOEOPATHY AND BLACK SALVE

By Helen Kennedy B.H.Sc



• Started as this 31 May, 2016

On May 31st, 2016 I presented at my doctor's office with a skin lesion that had not healed for over a year. It was on the back of my neck in a position that was difficult to see, so I was initially able to ignore it! It was a basal cell carcinoma.

Black salve was applied to the lesion and the area was covered with a dressing that was sealed so that air could not get to it. I returned two days later to get it checked, since if it was a skin cancer the black salve would have started to activate it and my skin had been slightly tingly but not painful. The doctor checked it and applied more black salve and told me to keep the dressing on for three weeks. I left the clinic and drove to New Plymouth – a five hour drive. By the time I arrived my back felt like a hot poker was stabbing my flesh. The doctor had warned me that the pain will be worse at night and that I needed to take pain killers.



• Applied black salve 7 June

I was woken at 3 AM with excruciating pain where the salve was on my skin. It felt like three hot pokers were stabbing into me. I could not get comfortable and was awake for three hours. The next day I took some paracetamol [also known as acetaminophen - Ed] as I was finding it difficult to focus or get comfortable due to the pain. The paracetamol did not help much.

By June 5th I drove back to Auckland with a very inflamed shoulder and excruciating pain. My body was also compensat-



• Black salve washed off June 8

ing for the pain and I was very tense across all my upper back which made it difficult to relax. I continued to wake every night about 2-3 AM in pain, for several hours.

On June 7th, I resorted to taking ibuprofen. This brings me to say that these tablets are \$2.99 and you can get them with your groceries! A serious painkiller, no questions asked! I had been advised not to take Ibuprofen because it is an anti-inflammatory and the whole idea of black salve is to allow the inflammatory process to let the body deal with the skin tumour. However, I had been to a chemist and bought some panadeine [a brand name product combining paracetamol and codeine - Ed] hoping that this would help with the pain. I was interrogated as to why I needed this medication and my name was registered. I assured them I had no

intention of making any illegal drugs. I did not disclose that I was using black salve; I was quite aware of what I was doing and that it is a very controversial subject! This medication did not help at all. So I started taking ibuprofen. This gave amazing pain relief but it only lasted three hours and I did not want to be relying on this.

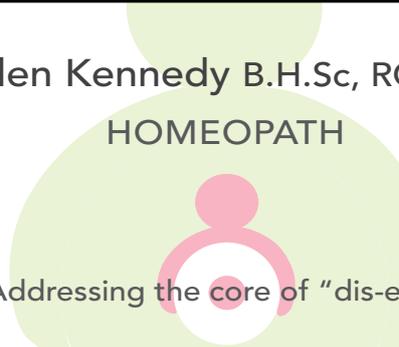
It was on June 10th (seven days after the second application of black salve) that I could no longer stand the pain. At the time I was attending a meeting of the Executive of the Council of Homeopaths and one of my colleagues insisted she take the dressing off to look at it. [See the images above showing the extensive inflammatory reaction around the black salve - Ed.] She cleaned it off and my doctor called me to advise me to get a proprietary manuka honey dressing applied to the site, but we had to wait till the next afternoon before I could purchase this. In the meantime on Friday June 11th I had to give a lecture to some homeopathy students and when one of my colleagues saw the state I was in, nausea, shaky and in a lot of pain, she immediately looked up what remedy I should take. She decided I needed *Myristica sebifera* – Brazilian Ucuba which is a remedy of great "antiseptic power with an ulcerative tendency in all tissues. Inflammation of skin, cellular tissue and periosteum. Traumatic infections, fistula, carbuncles, with a specific action in panaritium [acute purulent inflammation of a digit,

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Helen Kennedy B.H.Sc, RC Hom
HOMEOPATH



Addressing the core of "dis-ease"

(m) 021 649 555 (e) homeopath.helen@gmail.com

usually a finger - Ed]". This remedy hastens suppuration and shortens its duration. I took six drops at 1 PM that afternoon and repeated it at 5 PM before I could have a chance to apply the manuka honey dressing. In this six hour time frame I had no need to take the ibuprofen which had become my crutch! I was impressed! My colleague took the plaster off and applied the manuka honey dressing to the open wound.

I slept until 2 AM where I was woken up by the pain but from a scale of intense hot pokers it was a niggler, I went back to sleep, no pain killers. Next morning I took six more drops just to be sure even though I had no pain! I did not take any more of the remedy as I simply had no pain, but continued to have my neck dressed weekly and it was on June 24th that the plug [also sometimes referred to as an eschar - Ed] and the tendrils that were under it, came away. The doctor had advised me that once the plug came away then my back would have a large crevice and would need to be packed with aloe vera, however there was no hole! No crevice and no need to apply aloe, a thin layer of zinc ointment was applied and the manuka honey dressing placed on top and it was then covered with another sealed dressing. I changed it the following week and on July 3rd I took the dressing off altogether and allowed the air to heal it. I keep applying a soothing balm to encourage the skin to heal. What amazes me is the original size of the skin lesion is visible throughout including when the plug came off!

This was a journey much bigger than I ever imagined it could be. I have used black salve (also known as bloodroot paste) on other skin lesions I have had I have never experienced what I went through with this black salve.

To aid my skin to heal and to keep my immune system as strong as it could be I also took a high dose of vitamin C (as 1000mg per sachet of lypospheric vitamin C) several times a day, plus 5000 IU of Vit D, plus six grapeseed 60,000 capsules each day. I was able to purchase these from my practitioner only supplier, and I took a practitioner only brand multi vitamin. I believe the *Myristica* was the remedy that stopped all the pain and allowed me to heal, aided by the supplements.

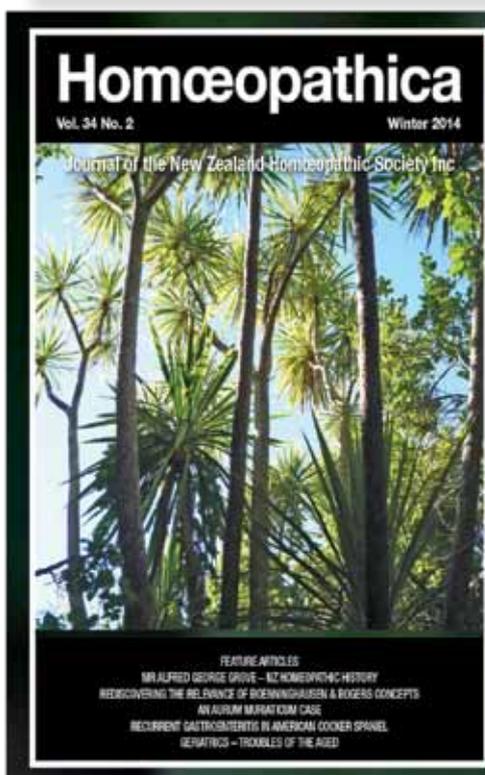
About the Author

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Ed note: As is vividly illustrated in this article, the use of black salve can cause an extensive and painful inflammatory reaction around the site of the lesion or tumour being treated and on occasions, the reaction may be much more extensive than the size of the lesion may initially suggest. For this reason, black salve is best used under the supervision of a health professional who is familiar with its use who can assess its suitability for use in any given case. Black salve is only one of a number of options to treat skin cancers; an overview of some of the different options may be found in issue [#].



• New skin, healed over, August 2



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Pyrrole Disorder and The Mind-Body Connection

How a little-known medical problem may contribute to the development of anxiety, depression, hyperactivity/ADHD, autism, schizophrenia, bi-polar or even substance abuse or criminal behaviour in some people.

By Courtney Snyder, MD

Historically we've considered mental health and illness as coming from either one's life experiences or coming from one's genetics or biology. We've mistakenly considered the mind separate from the brain and the brain separate from the rest of the body. We are more interconnected than those outdated views suggest. Our physical health impacts our brain health. Likewise, we experience emotions (fear, anger, sadness, and joy) not only in our brains, but in our bodies. Emotions influence our brain's biochemistry, and our biochemistry impacts our emotions and how we experience our lives.

PYRROLE DISORDER (Pyroluria)

A perfect example of this is Pyrrole Disorder - a biochemical abnormality that causes the overproduction of pyrroles. Pyrroles are a metabolite of hemoglobin (a protein in red blood cells that carries oxygen throughout the body). Pyrroles are not a problem and do not cause disease. We all have them. They do however, bind Vitamin B6 and Zinc. When pyrroles leave the body (through urine), they take some B6 and zinc with them. This is not a problem either. The problem comes when pyrroles are being overproduced for genetic reasons or because of physical or emotional stress. This can lead to severe B6 and zinc deficiencies.

B6 AND ZINC

While there aren't many nutrients that seem to directly affect neurotransmitters and brain functioning, zinc and B6 are two of the biggies. B6 is needed to make the neurotransmitters dopamine, serotonin and GABA in the brain. Zinc also has a great impact on the brain (and deserves an article of it's own). Separately zinc is important for the gastrointestinal and immune systems, both of which influence brain health.

CAUSES

As I mentioned, stress can cause an increase in the production of pyrroles. Anything from severe trauma to even lower levels of stress such as starting a new school or job or anything from an underlying medical condition to a cold or even a growth spurt can cause pyrroles to increase.

For some, especially those with more severe elevations, it is believed there's a genetic component. Though pyrrole disorder can occur in all ethnic groups, it seems to have a higher incidence in Celtic populations. The reason for this is unknown. (That I'm of Irish descent (50%) brings Pyrrole Disorder particularly close to home for me).

More commonly, however, high pyrroles are a result of high oxidative stress. Oxidative stress occurs when there is an

imbalance between free radicals (molecules that can destroy cells or impair biochemical processes) and our bodies ability to detoxify them or to repair the resulting damage.

Most brain related conditions involve high oxidative stress. This is why Pyrrole Disorder is associated with Anxiety Disorders, Alcoholism, ADHD, Autism Spectrum Disorders, Bipolar Disorder, Criminal Behavior, Depression, Down's Syndrome, Epilepsy, Tourette's, Learning Disorders, Oppositional Defiant Disorders, Psychotic Disorders, Substance Abuse and Schizophrenia.

Elevated pyrroles can be a result of these, but at the same time, can worsen these conditions. Pyrrole disorder is one of the handful of biochemical imbalances that affect brain functioning. For example, in depression we may see undermethylation, overmethylation, copper overload, pyrrole disorder and/or metal toxicity.

From the Walsh Research Institute of over 30,000 patients:

- ADHD** - 18 % (18% of individuals diagnosed with ADHD had elevated pyrroles)
- Behavioral Disorders** - 28 %
- Autism** - 35%
- Depression** - 24%
- Bipolar Disorder** - 35%
- Schizophrenia** - 30%
- Post-Traumatic Stress Disorder** - 12%
- Alzheimers Disease** - 14%
- Healthy Controls (no psychiatric symptoms)** - 8%

SYMPTOMS

Most individuals with Pyrrole Disorder do not have all (or even most) of these symptoms. Some are more apparent in childhood; others are more obvious in adulthood.

Stress Control

- poor stress control and avoiding stress because of low stress tolerance
- socially anxious, shy or fearful (high inner tension) since childhood
- avoiding crowds or larger groups
- uncomfortable in new situations or with strangers
- severe inner tension

Sensitivity

- sensitive to sunlight and bright lights
- sensitive to loud noises
- sensitive to textures
- sensitive to odors

Mood

- irritability and/or temper
- bouts of depression

- obsession with negative thoughts
- mood swings

Sleep

- tendency to stay up late
- little or no dream recall

Appetite

- morning nausea
- tendency to skip or delay breakfast
- affinity for spicy and salty food

Learning

- poor short term memory
- reading disorder or history of reading disorder
- history of underachievement

Nails, Hair and Skin

- white spots on fingernails
- premature graying of hair
- very dry skin
- acne
- pale skin, inability to tan
- psoriasis
- stretch marks on skin
- poor wound healing

Hormonal

- delayed puberty
- poor growth (or growth spurt after the age of 16)
- abnormal or absent menstrual periods

Body

- abnormal fat distribution
- poor muscle development

Pain

- “stitch in side” when you ran as a child, spleen area pain
- joint pain
- cluster or migraine headaches

Illness

- frequent colds, infections or unexplained fever or chills
- autoimmune disorders

Family

- for females – all siblings are sisters or having look alike sisters
- for males – a mother with only sisters or having look alike sisters

Many of these including this last one – a preponderance of sisters in the family – can reflect zinc deficiency. For a woman to carry male offspring to term (and not miscarry), she has to have adequate levels of zinc (necessary for testicular growth). Zinc deficiency can also cause infertility in men. Zinc supplementation has been shown to improve sperm count and sperm motility. And interestingly, men with lower sperm counts and slow sperm speeds have a greater likelihood of having daughters. Relative

to fertility treatments, addressing a possible zinc deficiency may be a simpler way to get closer to the root of the problem.

EVALUATION AND TREATMENT

Diagnosis of Pyrrole Disorder is based on both clinical information and a urine test that measures kryptopyrroles. Treatment involves a nutrient protocol that includes zinc, B6, P5P (a form of B6), Evening Primrose Oil (Omega-6's) as well as antioxidants. Though Fish Oil or Omega-3 fatty acids can be beneficial for many others, they can worsen symptoms in individuals with Pyrrole Disorder and should be avoided.

No less important is addressing factors that may be causing high oxidative stress (ie. an underlying illness, diet, gut flora imbalances, intestinal yeast overgrowth, etc) or emotional stress. Psychotherapy, lifestyle changes, exercise, mindfulness, learning to prioritize and develop coping skills can all go a long way. Unaddressed stress can leave a person persistently pyrroluric, and thus deficient in zinc and B6. In some cases, such as during times of change, illness, and even growth spurts, stress dosing may be needed. This involves temporarily raising the dosages of zinc and B6/P5P.

GOING FORWARD

Though first identified in the 1950's and first treated using zinc and B6 in the 1980's, Pyrrole Disorder is still relatively unknown. Until one year ago, I had never heard of it, though I'm sure in my previous practice, I saw many children and adults who would have benefitted from this understanding. For many of those who do receive treatment, a lifetime of chronic inner tension, anxiety and fearfulness can begin to change within a few days to a couple of weeks of starting the nutrients. What was once impossible becomes possible.

ABOUT THE AUTHOR: Courtney Snyder, MD practises nutritional and holistic psychiatry in Louisville, Kentucky where she treats children, adolescents and adults. To learn more about Dr. Snyder and her work, please visit her website: <http://www.courtneysnydermd.com/>

AUTHOR'S NOTE: For more information, I recommend the lecture “Facts and Myths About Pyrrole Disorder”, given by my mentor, Albert Mensah, MD. He is an internationally recognized expert in the treatment of biochemical imbalances for brain related disorders. If you are looking for a physician in your area trained in evaluating or treating Pyrrole Disorder or are a physician interested in training visit the Walsh Research Institute Resource Page (<http://www.walshinstitute.org/>). (Practitioners knowledgeable in Pyrrole Disorder are not limited to those trained at the Walsh Research Institute.)

Always consult your healthcare practitioner
TAPS Approval No. PP3065

Social anxiety?
Noise intolerance?
Inner tension?
Get tired easily?
Loss of appetite?

Mood swings?
Stressed?

It's **NOT** your fault – you may have **pyroluria.**

Pyroluria is a condition caused by the production of too much kryptopyrrole in the blood, which binds with **Vitamin B6 and Zinc, depleting these nutrients in your body.** This can lead to issues with severe inner tension, ongoing anxiety and poor stress tolerance – which tend to worsen with age and stress.

The good news is that once diagnosed, **pyroluria may be effectively managed.** Testing is available through NutriSearch supported by several NZ-based Healthcare Practitioners.

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NUTRITIONAL EXCELLENCE

Ozone and complementary treatments for emphysema



By Dr Wayne McCarthy

“The Breath Fantastic”

Every once in a while we learn something exceptional by being willing to re-explore past beliefs. The following case demonstrates the value of this approach for one such 80 year old man who presented out of breath, gasping for air with a diagnosis of advanced emphysema (COPD – Chronic Obstructive Pulmonary Disease).

He was unable to walk more than 50 metres, his blood oxygen saturation was 76%, energy so low he had to “psyche” himself up for even the simplest tasks. He was taking strong medicines 17 times a day just to cope (Symbicort and Respigen). The people around him were worried, he was cyanotic with blue lips, face and fingers from oxygen deficiency, literally gasping for breathe. All other avenues of treatment were exhausted at this point and we were his “last hope”.

The treatment consisted of four ozone and one ultraviolet blood irradiation application along with CoQ10 and increased water intake. In a short time he

reported breathing better, but still very tired. Four months later, we repeated another four ozone therapies supplemented by colonic hydrotherapies and 21 days fasting on fluids.

After the first series he reported no real improvement in how he actually “felt” other than the fact that he hadn’t had any lung infections. (He had been hospitalized twice, each time for a week during the past year with pneumonia and given IV antibiotics, which saved his life.)

Returning for the second series of ozone he was in bad shape, 73% oxygen saturation, blue in the face, gasping for air, having a hard time even walking. I explained that with emphysema, the damage to the lung lining reduces the surface area for oxygen to enter the body quite considerably and that being anatomical we couldn’t change that. What we could do was improve the efficiency of the oxygen carrying capacity of his blood and thus “respiration” in general.

It was at this point we needed to do something more and better for his recovery than just repeat what we had done before. Since he had reported constipation in his history, I reasoned that if the bowel was toxic and impacted and the sympathetic nervous reflex may be constricting the smooth muscle in his bronchial tree as well. Therefore fasting and colonic irrigations were implemented immediately.

Ozonated saline drips were started that oxygenate the entire blood stream 40 times over a 20 minute period. His saturation would pick up to 85% but then go back down to 75% immediately after treatment ceased. However, he soon began to report improvement in his ability to breathe more freely, with greater intake and ease of inhalation. He got very relaxed and much more comfortable in his body. The colonic irrigations were getting heavy, toxic load releases of im-

acted old material out of his bowel and his paunch belly softened considerably, with the discomfort there going away completely.

Continuing with the fast and colonics we sent him home but followed up frequently on the phone. He continued to improve. His energy increased. He could now climb the stairs with hardly a pause at the top for breath. He reported that he was now able to carry a stool upstairs quite easily and that he had reduced his medication over half of what it was. His GP measured his blood oxygen saturation at 89% – still low but the best he’s had in a while. He was sleeping better especially on his left side, which he couldn’t do before. His lifestyle had changed dramatically for the better. Whereas he had been getting up at 10am everyday, now he was up at 6.30 feeling well rested after good sleeps. When the respiratory clinic called him saying the home oxygen breathing tank was ready, he refused it saying he didn’t need it!

I believe the fasting had rehydrated him from a dehydrated state and thinned his blood thus improving circulation and renal function (which was low). The toxic release this enabled eventually removed irritation from his bronchioles and thus his airways expanded as they relaxed allowing him to breathe easier. The ozone further improved blood flow and tissue oxygenation thus lifting his mood and outlook. The benefits are consistent and enduring. The people around him are way less worried now. From thinking he wasn’t going to be around much longer he now leads a dramatically different lifestyle. From “last hope” to “different bloke”.

Breathe easy everyone.

ABOUT THE AUTHOR

Dr Wayne McCarthy ND, is a naturopath specialising in ozone therapy for a wide variety of applications.

In addition to his practice in Waipu (see ad on this page) he also sees patients at Global Health Clinic in Takapuna, Auckland.

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The Immortal HeLa Cells

And The Continuing Contamination of Cancer And Vaccine Research

By Alan Cantwell MD

Introduction

One of the most remarkable recent discoveries about the cells of the human body is that we are composed primarily of germs! Unbelievably, there are 10 times as many bacterial cells in the body as there are human cells. In addition, much of our DNA is composed of viral remnants, leading *New Scientist* writer Frank Ryan to report, "I, virus: Why you're only half human."

In health, the relationship between microbes and the body is symbiotic, which is the benign co-existence of microbial and human cells for the benefit of both. However, when the delicate balance between microbes and man becomes disturbed, illness may result. There is also growing evidence that the germs we carry may be implicated in cancer and chronic diseases. Despite all this new research, most physicians do not believe these symbiotic bacteria play any role in the development of chronic disease and cancer.

What has all this to do with cancer and vaccine research conducted over the last half-century? The answer is a question: Could cancer virus and vaccine experimentation, which utilizes live cells of human and animal origin, be spreading viruses and bacteria between various species? Could such experimentation be related to new emerging diseases and viruses that are erupting in man? Or to the increasing concern and controversy over vaccine-induced human illness? Or to contamination of HeLa cells (pronounced hee-lah), the widely-used experimental cancer cells that grow in cancer and vaccine laboratories like weeds?

Cancer and virus research and "immortal" HeLa cells

The history of human tissue cell culture began with Henrietta Lacks, a young black woman from Baltimore, who died from a highly malignant cervical cancer in 1951. Despite radiation and surgery, her tumor spread rapidly. Within eight months she was dead, at age 31. But part of Henrietta's cancer remained alive. At surgery, a few pieces of her tumor were donated to a laboratory specializing in tissue cell culture. In those days, this was a frustrating business. Most attempts

to grow human cells outside the body failed. Rarely, a few cells would thrive for a while, and then die off.

Henrietta's cells were kept alive by feeding them a concoction more like a witch's brew than a lab recipe for cell culture. Nevertheless, the success of the recipe heralded a new age of modern virology. As chronicled by Michael Gold, *A Conspiracy of Cells* (1986), the laboratory concoction consisted of:

1. Blood from human placenta. (The placenta, which nurtures the developing fetus, contains powerful hormones and a host of viruses and bacteria, as yet not fully investigated.)
2. Beef embryo extract (the ground-up remains of a three-week-old unborn cattle embryo.)
3. Fresh chicken plasma obtained from the blood of a live chicken heart.

For some unknown reason, Henrietta's cancer cells continued to grow vigorously. The cells did not age. Instead, if fed properly they could live and multiply indefinitely. Amazingly, her new tissue culture "cell line" proved to be "immortal." These malignant cells became the first successful human tissue culture cell line in medical history—the now famous HeLa cell line commemorating the legendary Henrietta Lacks.

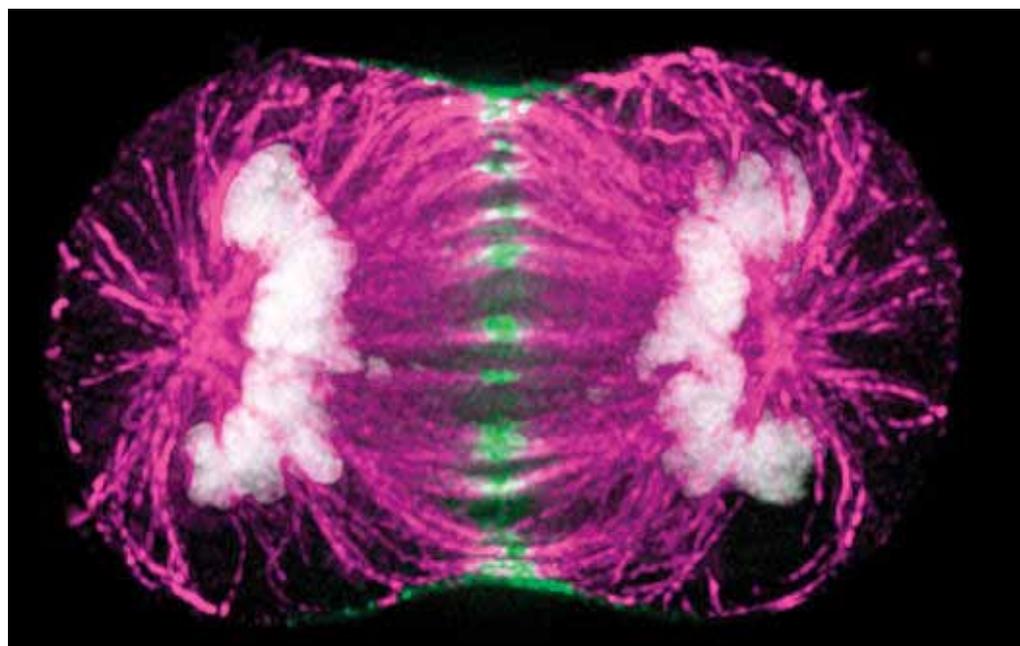
(BELOW: *Divide and Conquer – A HeLa cell splitting into two new cells. The green spots are chromosomes. Courtesy Paul D. Andrews*)

Gold claims the cell line brought revolutionary changes (as well as havoc) into the field of cancer virus research. Viruses could be now seeded onto glass tubes containing sheets of live cells; and for the first time, virologists could directly observe the effects of viral infection on living cells.

But what about all those known and unknown viruses and bacteria that were incorporated into Henrietta's cells by the chicken, beef and human blood and tissue mix that fed her cells and made them immortal? And what about the herpes virus-transformed human papilloma virus contained in her cancer cells, which in the 1950s was not accepted as the cause of cervical cancer? Apparently there was no scientific concern about any of this contamination.

HeLa cells proved so hardy that when passed around the world to various laboratories over the next few decades, the immortal cells frequently contaminated other tissue culture cells lines used in cancer and cancer virus research.

In 1974 Walter Nelson-Rees, a cell culture expert, discovered widespread contamination of cell lines with HeLa, by using a light microscope and a special Giemsa cell stain which revealed the distinctive chromosomal aberrations typical of HeLa. As a whistle-blower, he blew the lid off cancer research. Forty different human cell culture lines, used extensively in labs worldwide, were contaminated with HeLa. Millions of dollars worth of published cancer research experiments were ruined. "Liver cells" and "monkey cells" used in cancer experiments turned



out to be Henrietta's cervical cancer in disguise. Benign cells, which "spontaneously transformed" into malignant cells, were retrospectively found to be cell cultures which had been inadvertently contaminated with HeLa.

Even the iconic Jonas Salk, who developed the legendary Salk polio vaccine, was fooled when HeLa cells contaminated his animal cell lines. Salk used HeLa cells to grow the polio virus and he tested the vaccine on HeLa cells before its use on human in 1955. Years later, in 1978, before a stunned audience of cell biologists and vaccine makers, he spoke about experiments he performed in the late 1950s on dying cancer patients. Salk injected them with a cell line of monkey heart tissue – the same cell line he used to harvest polio virus for his famous vaccine. He hoped the monkey cell injections would stimulate the immune system to fight cancer. However, when abscesses developed at the site of injections Salk began to suspect that he might be injecting HeLa cells rather than monkey cells, and he stopped the experiment.

Nelson-Rees, who also attended the 1978 conference, offered to test Salk's line if it was still available. Salk graciously agreed and the monkey cells indeed proved to be HeLa cells which had invaded and taken over the monkey cell line. According to author Gold, Salk thought there were adequate ways to separate viruses from the tissue cell lines, so that it really didn't matter what kind of cells were used. Even if vaccines weren't filtered, and even if whole cancer cells were injected directly into a human, Salk believed they would be rejected by the body and cause no harm. In those days doctors didn't much believe in cancer-causing viruses. Nowadays, no researcher would dare try injecting cancer cells into a human being. But in the 1950s Salk had done it accidentally. He had injected cancerous HeLa cells into a few dozen patients and it hadn't bothered him a bit. Nelson-Rees, who co-authored the paper, "Henrietta Lacks, HeLa cells, and cell culture contamination", published in the September 2009 issue of the *Archives of Pathology and Laboratory Medicine*, concluded: "Despite the passing of nearly 50 years since the problem first surfaced of HeLa cell contamination of tissue cultures and despite the explosive advances in molecular biology, cell culture contamination remains an important issue for the scientific community. The problem extends far beyond HeLa cells, although they remain a culprit. In one study, 45 of 252 human cell lines (18%) supplied by 27 of 93 originators (29%) were contaminated. Fortunately, there was recently a call to action on preventing contaminated cell lines."

The Wikipedia currently provides a long "List of contaminated cell lines."

Continuing cell line contamination in the 21st century

On January 15, 2010 the BBC reported cell contamination still is a problem in cancer research, and that dozens of cancer studies may be thrown into doubt by the discovery that researchers inadvertently used the wrong type of cancer cells. The cell lines, according to the *Journal of the National Cancer Institute*, were supplied as samples of esophageal cancer. However, tests show they contained other types of tumor, including lung and bowel.

Dutch researchers say this could put major trials of drugs in doubt. They noted: "Experimental results based on these contaminated cell lines have led to ongoing clinical trials recruiting patients, to more than 100 scientific publications, and to at least three cancer research grants and 11 US patents – which emphasizes the importance of our findings." Widespread use of these cell lines could threaten the development of new treatments, they said.

At the end of January 2010, ABC News issued a glowing report on "How one woman's cells changed medicine". Microbiology professor Vincent Racaniello of Columbia University claimed HeLa cells has led to some of the greatest medical breakthroughs of the last hundred years. ABC reminds us that these immortal cells, trillions upon trillions of them, were first used in research that led to the polio vaccine, as well as helping to develop medicines to fight cancer, the flu, and Parkinson's disease, and in the research that led to gene mapping and cloning. They were used to test the effects of atomic radiation and sent into outer space. "I think we owe a lot of gratitude for what Henrietta provided," Racaniello said. "There's absolutely no doubt about that."

On February 5, *Popular Science* online declared Henrietta Lacks as "the most important women in medical history."

Cancer-causing monkey viruses and the polio vaccine

Scientists tell us that HIV is the first monkey virus to "jump species" to cause the pandemic of AIDS. The rarely-publicized truth is that a cancer-causing monkey viruses jumped species into man more than a half century ago when contaminated polio vaccines were given to millions of people in the 1950s, including half the U.S. population of that era.

In the early 1960s it was discovered that some lots of polio vaccines manufactured on rhesus monkey kidney tissue during the period 1955 to 1963 were contaminated with a monkey virus called SV-40 (Simian Virus 40). This primate virus was quickly proven to cause various cancers in experimental animals. However, to this day, government health officials still insist there is no absolute proof that SV40 causes cancer in humans.

Despite the denial, genetic and immunologic studies by independent researchers over the past decade indicate that SV40 is clearly associated with certain cancers, such as rapidly-fatal cancers of the lung (mesothelioma), bone marrow cancer (multiple myeloma), brain tumors in children, and other forms of cancer.

A *Washington Times* report (09/21/03) indicates "Some of the polio vaccine given to millions of American children from 1962 until 2000 could have been contaminated with a monkey virus that shows up in some cancers, according to documents and testimony to be delivered to a House committee Wednesday. The vaccine manufacturer said such claims 'don't have any validity,' and the Centers for Disease Control and Prevention (CDC) agrees. More information on polio vaccine litigation and SV40 contamination can be found at www.sv40cancer.com.

For anyone who still thinks that vaccine makers and government health officials are always your friend, I would highly recommend *The Virus and the Vaccine: The True Story of a Cancer-Causing Monkey Virus, Contaminated Polio Vaccine, and the Millions of Americans Exposed*, by Debbie Bookchin and Jim Schumacher. The book explores the history of the polio vaccine, the contamination problems with SV40, the ensuing vaccine-related cancer problems, and the government's cover-up of the problem.

Few people realize how dangerous vaccines can be and how complicated the process of vaccine manufacture really is, particularly when vaccines are made on living animal or human cells. Contamination with bacteria, mycoplasma, and viruses and their elimination from the final product are constant problems during development process. There are also suspicions that laboratory media used to feed cell cultures can also be a source of contamination. For further details on the dangers of vaccines, see my Internet article, "Are Vaccines Causing More Diseases than they are curing?"

The vaccine connection to the origin of the AIDS epidemic

In my admittedly controversial view, HIV/

AIDS is a man-made disease that was initially seeded exclusively into the U.S. gay community via contaminated experimental hepatitis B vaccine programs conducted in the late 1970s. The details and evidence of the close relationship between the vaccine and the outbreak of the first AIDS cases in 1979 is explored in my books, *AIDS & the Doctors of Death*, and *Queer Blood*. One can easily Google "man-made AIDS" for numerous Internet articles on this taboo subject.

Since the publication of these books, a video has surfaced on youtube.com featuring Maurice Hilleman, PhD, one of the world's leading vaccine experts. He became famous at Merck pharmaceutical company for improving the Salk polio vaccine and for insisting that the macaque kidney cells not be used to produce the vaccine because the cells were known to cause cancer in hamsters. His crowning achievement came in 1971 when he developed the MMR vaccine, the universally used measles, mumps, and rubella vaccine that is the cornerstone of pediatric health in the United States. [*Parents of children who have become sick and/or autistic following MMR vaccination would not agree with this categorisation of the vaccine - Ed.*]

Hilleman then turned his attention to the development of the hepatitis B vaccine. A series of experimental vaccine trials using gay men as guinea pigs that took place, first in Manhattan in 1978. The first cases of AIDS were reported in Manhattan a few months after the injections began.

In the video ("Merck Chief Brings HIV/AIDS to America"), Hilleman is heard speaking with colleagues. He declares, "I brought African greens [monkeys] in. I didn't know we were importing AIDS virus at the time [i.e., between 1970-1974]. His colleagues are heard laughing. Someone says, "It was you who introduced AIDS virus into the country." And a woman's voice giggles, "Now we know."

This stunning interview, conducted by Edward Shorter for WGBH public television and Blackwell Science, was cut from the documentary "The Health Century", due to liability issues, undoubtedly reflecting poorly on Merck where the vaccine injected into gay men was developed. We are indebted to Leonard G Horowitz, one of a handful of health professionals who is a whistle blower on man-made AIDS and vaccine issues, for uncovering and freely distributing this video segment.

As is often the fate of whistle-blowers, Walter Nelson-Rees was driven out of his lab by powerful members of the scientific establishment, undoubtedly angered by the disruption of cancer research and all

the money lost because of contaminated HeLa. In 1999 British journalist Edward Hooper wrote a massive tome called *The River*, in which he theorizes that polio vaccines grown on primate tissue could have been contaminated with monkey viruses, thus giving rise to the outbreak of AIDS in Africa. This theory was uniformly rejected by scientists attending the Origin of AIDS Conference in London in September 2000. Hooper continues to allege a conspiracy to silence all aspects of his hypothesis.

In the early part of 2000, Nelson-Rees, who was openly gay, took an avid interest in Hooper's extensive AIDS research. Along with Hooper he took spoke at the London conference where the polio vaccine connection to AIDS was rejected. Although retired from science, Nelson-Rees was still highly respected and was allowed to present his views.

When Nelson-Rees died in 2009 at age 80, Hooper wrote a moving obituary (available on aidsorigins.com) entitled, "The death of an American hero". Hooper recalls, "Walter delivered an understated and yet powerful speech entitled 'Responsibility for Truth in Research', which pointed out that further cases of lab cross-contamination were still occurring, and went on to state that in his opinion there was no logical reason why chimp cells could not have been used to make the Congo vaccine, given the availability of these normal non-human cells and the prevailing custom in the 1950s of using cells about which little or nothing was known except that they could optimally support the growth of a given virus."

The idea of man-made AIDS and contaminated vaccines is so explosive that it is routinely dismissed by the major media as "conspiracy theory." But the theory almost destroyed Barack Obama's bid for the White House in the election of 2008. An entry on Leonard Horowitz in the Wikipedia states: On April 27, 2008, Barack Obama's former pastor, Jeremiah Wright, during questions and answers at the National Press Club in connection with the general controversy over his opinions, was asked by a moderator, "In your sermon, you said the government lied about inventing the HIV virus as a means of genocide against people of color. So I ask you: Do you honestly believe your statement and those words?" Wright responded, "Have you read Horowitz's book, *Emerging Viruses: AIDS and Ebola*, whoever wrote that question? I read different things. As I said to my members, if you haven't read things, then you can't - based on this Tuskegee experiment and based on what has happened to Africans in this country, I believe our government is capable of doing anything." (For more discussion, view my article "Rev. Wright is right about man-made AIDS".)

Henrietta Lacks and the creation of a new species

Due to their ability to replicate indefinitely (provided they are fed properly) and the development of a non-human number of chromosomes, immortal HeLa cells are now considered by some geneticists to be a contemporary creation of a new species. The proposed name is *Helacyton gartleri*, in honor of geneticist Stanley Gartler, who along with Nelson-Rees, called attention to the worldwide contamination of cell tissue cultures with HeLa.

Transformed by the cervical cancer-causing human papilloma virus 18 and more than 50 years of continuing culture, the various strains of Henrietta's cells produce and spread on their own. Growing like weeds in many labs, they now appear more like amoeba-type cells than as cells derived from a human. Amoebas are one-celled protozoa. There are several varieties found in humans that are not considered to be disease producers.

Twenty years ago, in *The Cancer Microbe*, I wrote about Wilhelm Reich, MD, the unfairly maligned and persecuted cancer researcher who was sentenced to Federal prison where he died in 1957. He firmly believed cancer was intimately associated with bacteria, which he called "T-bacilli." In cancer tumors artificially produced in animals, Reich observed the animal's cancer cells transform into monster cells that greatly resembled tiny protozoa and amoebae. Reich, in his time, was widely perceived as a menace and a crackpot. However, I am sure he would not be surprised to learn that Henrietta's cancer cells have taken on a life of their own, much like the amoebas that he studied extensively.

The lab creation of new forms of life has not escaped the attention of the military, always on the lookout for potential agents useful for biological warfare development. DARPA (the Defense Advanced Research Projects Agency) is an arm of the U.S. Department of Defense. On Feb 5, 2010, Katie Drummond of Wired.com reported that the Pentagon's mad science arm may have come up with its most radical project yet. DARPA is looking to re-write the laws of evolution to the military's advantage, creating "synthetic organisms" that can live forever. The plan would assemble the latest biotech knowledge to come up with living, breathing creatures that are genetically engineered to "produce the intended biological effect." DARPA wants the organisms to be fortified with molecules that bolster cell resistance to death, so that the lab-monsters can "ultimately be programmed to live indefinitely."

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Henrietta Lacks: "The Godmother of Virology"

Also on February 5, 2010, a review was posted of a new book entitled *The Immortal Life of Henrietta Lacks*, by Rebecca Skloot. The author spent ten years researching the billion dollar industry surrounding HeLa cells, and has extensively interviewed surviving family members. Henrietta's family did not learn of her "immortality" until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits.

A reviewer for the *Washington Post* noted: "Nearly 60 years later, Lacks's tissue has yielded an estimated 50 million metric tons of HeLa cells. Scientific and medical researchers add about 300 HeLa-related studies a month to the library of 60,000 studies. Lacks's surviving family members have learned what was going on – and have become subjects of interest for researchers, too."

In a *New York Times* review (2/5/10), Lisa Margonelli writes:

"After Henrietta Lacks's death, HeLa went viral, so to speak, becoming the godmother of virology and then biotech, benefiting practically anyone who's ever taken a pill stronger than aspirin. HeLa has helped build thousands of careers, not to mention more than 60,000 scientific studies, with nearly 10 more being published every day, revealing the secrets of everything from aging and cancer to mosquito mating and the cellular effects of working in sewers."

Deborah, Henrietta's daughter, "becomes the book's driving force, as Skloot joins her in her 'lifelong struggle to make peace with the existence of those cells, and the science that made them possible.'

To find the mother she never got to know, she read hundreds of articles about HeLa research, which led her to believe that her mother was 'eternally suffering' from all the experiments performed on her cells."

Horizontal gene transfer: Gene swapping among life forms

While HeLa cells were spreading around the world and contaminating cell cultures, there was little appreciation of how life forms related to one another. Scientists now have a better knowledge of how vi-

ruses can "recombine" with other viruses. Viruses can also infect bacteria as well as human cells. Over the past two decades, molecular scientists have become more and more aware of the back and forth gene swapping between and among various species of life, from the smallest forms of life up to the largest forms. The process is known as "horizontal gene transfer." We are familiar with "vertical gene transfer," whereby the offspring of an organism inherits genes from its parent.

Horizontal gene transfer in cancer and vaccine research is a serious hazard because genetic engineering experiments allow the spread of dangerous transgenic DNA from species to species. This has tremendous implications for theories of evolution, as well as for cancer virus research when viruses are moved between various species of animals and sometimes adapted to human cells. This was basically what scientists were doing in the War on Cancer throughout the 70s, the period right before the AIDS epidemic erupted in 1981 (see my book *AIDS & the Doctors of Death*). For more information, simply Google key words: dangerous lateral gene transfer.

HeLa cell research: Science or scientific madness?

Having graduated from medical school a half-century ago, I am disillusioned with my chosen profession. I spent 40 years researching the bacterial cause of cancer and showing bacteria in cancer tissue, where, according to the cancer experts, there aren't supposed to be any. This research sparked little, if any, interest among my colleagues. I spent a quarter-

century trying to alert people to the evidence that AIDS is a man-made disease, with no response from the AIDS experts, who educate people about HIV coming out of the African jungle to cause AIDS.

What do I really think about HeLa cells? HeLa cells are cancerous cells (infected with a known cancer-causing papilloma virus) to which was added the blood from a human placenta, ground-up beef embryo, and chicken plasma extracted from the blood of a live chicken heart. This is a concoction that I would expect from someone practicing witchcraft, but not good science. To use HeLa cells as a foundation, a cornerstone, a template, upon which to base viral studies strikes me as viral voodoo.

How can an infected cell culture like

HeLa possibly help in cancer and vaccine research? Except to spread the known and unknown viruses, mycoplasma, bacteria, and God-only-knows what other potentially infectious agents are contained within Henrietta's cells and the new species *Helacyton gartleri*.

In all my research for this article, the one bit of reading that made more sense to me than any other was provided by an anonymous blogger who posted his comments (2/1/10) on the *Baltimore Sun* website (2/1/10), regarding Skloot's new book:

"A complete and total injustice was done to her family to obtain these cells. And now some crazy cancer cells that KILLED her are IN US ALL. That's right, if you have ever gotten a vaccine you got a little HeLa in you.

"The cancer killed her, and anyway, these are not normal cells, they are CANCER CELLS, and if you ask a science dude HOW OR WHY her cells are STILL ALIVE they don't know, but they kept it a secret because at the time whites would have objected to having cancer cells that killed a black woman INJECTED INTO THEIR CHILDRENS' BODIES. I am an African-American. To me her story is fascinating and tragic like many stories of people who have been ripped off.

"Look at it this way, if her family had to be paid every time her cells were used, there would be some record of who got them. The rates for cancer have gone through the roof in the last 40 years, her cells have been found in places where it was impossible for them to have been - and still the scientists do not know why her cells are 'Immortal.'

"If her family had been informed possibly more care would have been taken with these cells that KILLED THEIR MOTHER, and for all we know, could be killing people now because we don't know how they work."

ABOUT THE AUTHOR:

Alan Cantwell, M.D. is a retired dermatologist and cancer and AIDS researcher. His books on the microbe of cancer and the man-made origin of AIDS (*AIDS & The Doctors of Death* and *Queer Blood*) are available on amazon.com, or through Book Clearing House at 1-800-431-1579.

His website is ariesrisingpress.com

The Thyroid-Breast Cancer Connection

By Dr. Veronique Desaulniers

Iodine deficiency can lead to thyroid issues and eventually breast cancer.

In coaching hundreds of women on "The 7 Essentials System" for healing the body naturally, over half of them have "low thyroids" and many have been diagnosed with "thyroid cancer."

Indeed, it's estimated today that 27 million Americans, 80% of them women, suffer from "thyroid disease" (usually hypothyroidism or low thyroid function) and that more than 60,000 were diagnosed with cancer of the thyroid last year. What exactly is causing this epidemic of weak thyroids and how does this relate to breast cancer?

Iodine deficiency leads to a weak thyroid

First, let's talk about what causes a weak and poor-functioning thyroid in general. I am not an endocrinologist so for simplicity's sake, I will focus on the thyroid gland itself rather than all the many connections the thyroid has with other parts of the endocrine system and the body.

Basically, thyroids are weaker these days because the average American diet is extremely deficient in iodine. It has been estimated that 90% of the world's population is iodine deficient. As shocking as this may seem, I can tell you that 99% of everyone (male and female) that I have tested in the last three years has been iodine deficient.

Iodine is necessary for the healthy function of all glandular tissues, including the breasts, the uterus, the prostate, the ovaries, and the thyroid. All of these glandular tissues concentrate iodine in order to maintain healthy cell architecture.

So what happens to your thyroid when you don't have enough iodine? If there is not enough of this important mineral in your body, the cell matrix will transform into cyst-like structures. It will develop nodules and cysts and the result is fibrocystic breasts, polycystic ovaries and uterine fibroids.

If cyst growth continues and the cysts themselves become nodular and develop hyperplasia (increased cell growth), this can lead to cancer.

[Important Note: Thyroid cancer is highly overdiagnosed and one must be extremely careful today taking any cancer diagnosis at face value. Read Sayer Ji's article, "Thyroid Cancer Epidemic Caused by Misinformation, Not Cancer," and Dr. Jeffrey Dach, MD's article, "Is The Epidemic of Thyroid Nodule 'Cancers' A Medical Illusion?", for more information.]

Thyroid medication may increase your risk of breast cancer

Breast tissue has a "trapping" system for iodine, very similar to that of the thyroid gland itself; in a sense, it competes with the thyroid for iodine. Medicating a woman for a low-functioning thyroid by prescribing thyroid hormones as a first line treatment is like adding gasoline to a fire since most thyroid medications increase the risk of developing breast cancer, as well as lung cancer. Studies have shown that women taking medication for their thyroid are twice as likely to develop breast cancer.

Iodine is an Anti-Oxidant

Iodine acts as an anti-oxidant and anti-cancer agent. It is also a requisite for the growth and maintenance of normal breast tissue. When there is iodine deficiency, there are changes in DNA/RNA ratios as well as changes in estrogen receptor proteins. You guessed it – these changes can lead to breast cancer.

Iodine is also necessary for proper immune function, especially since your immune cells are engulfing and ingesting bacteria and other unhealthy cells all the time. Iodine displaces toxic halides like bromide and fluoride. Bromide is a flame retardant and is found in all electronics like iPads, cell phones and computers as well as clothing, carpeting and furniture. Fluoride sources include tap water in many areas and fluoridated toothpaste.

With all the radiation that we are exposed to these days (especially after the Fukushima nuclear disaster in 2011), maintaining adequate amounts of iodine in the body is vital for the healthy functioning of the thyroid gland and other glandular tissues.

Endocrinologist Dr. Guy Abraham has studied the iodine-thyroid connection for over 25 years and is convinced that iodine supplementation is absolutely necessary to replenish deficiencies.

"The benefits of [iodine] supplementation within the range used in FDB (fibrocystic disease of the breast) outweigh the risks," Dr. Abrahams said in regards to his recent study of the effects of iodine supplementation on this condition.

The great news is that when tissues are nourished with enough iodine, depleted cells can revert back to healthy, normal cells. Supplementation with products that contain both molecular iodine and potassium iodide can be very beneficial. In order to determine how much iodine you need to take, do a 24 hour iodine loading test to insure that you will be supplementing with the proper amounts.

If you have any of these symptoms, consider the possibility of being iodine deficient:

- **Fibrocystic breasts**
- **Nodules on your thyroid**
- **Hypothyroidism**
- **Polycystic ovaries**
- **Uterine fibroids**
- **Breast cancer**
- **Enlarged prostate**
- **Prostate Cancer**

Breast cancer prevention includes taking steps to ensure proper thyroid function – and a healthy thyroid begins with proper amounts of iodine in the body. Get an iodine screening today and take measures to keep your thyroid healthy, happy and working properly for the health of your breasts and your system overall.

ABOUT THE AUTHOR

Dr. Veronique Desaulniers ("Dr. V") is a best-selling author and specialist in Chiropractic, Bio-Energetics, Meridian Stress Analysis, Homeopathy and Digital Thermography. After 30 years in active practice, she decided to "retire" and devote her time to sharing her personal, non-toxic breast cancer healing journey with others. Her years of experience and research have culminated in "The 7 Essentials™", a step-by-step coaching program that unravels the mystery of healing the body. Her website and personal healing journey have touched the lives of thousands of women around the globe. To get your F.R.E.E. 7-day mini e-course and to receive her weekly inspiring articles on the power of Natural Medicine, visit <http://breastcancerconqueror.com/>.

SOURCE: <http://www.greenmedinfo.com/blog/thyroid-breast-cancer-connection-1>

Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of GreenMedInfo or its staff.

How I treated my cancer

with KETOGENIC DIET, HYPERBARIC OXYGEN AND PULSED ELECTROMAGNETIC FIELD THERAPY

By Hayley Brown

In 2009 I was first diagnosed with breast cancer and chose to try alternative treatments instead of orthodox oncology. First I tried fasting followed by the Gerson diet. After three months of making no progress I changed to raw food. After three months of no greater success I tried the Budwig diet. I remained on the Budwig diet for six months to no avail. I then went to the USA and had hyperthermia and low dose radiation treatment. After three months of non-invasive treatment the tumour was gone and I had a clear PET scan and returned home!!

In 2013 I had a recurrence of breast cancer and was thought to be terminal. I had an estimated five tumours in my left breast that had gone undetected due to previous radiation damage to the tissue. At this point it seemed unlikely that I would survive - I had to take drastic action and quickly!

So I entered the system and had twelve weeks of chemotherapy but stopped early due to toxicity. A scan revealed that I still had 2cm of cancer deep in my chest wall. Surgery was considered very risky and possibly life threatening (or crippling) because of the radiation damage present. I decided that I preferred to be left alone and have a shorter life of higher quality rather than a slow demise toward death.

I continued to be given Herceptin on a three weekly basis but because I had two different forms of cancer cells and only one was affected by Herceptin, I was not expected to survive.

I never gave up hope and undertook an integrative treatment in the form of Hyperbaric Oxygen together with the ketogenic diet. I also used Pulsed Electromagnetic Fields as these have been shown to really interfere with and inhibit cancer - especially breast cancer.

That was three years ago. I have had a wonderful quality of life and my cancer has remained dormant. My partner is a nutritionist and we were so impressed with what we discovered that we started a clinic using HBOT and PEMFs together with Ketogenics. We have been helping people from all over NZ for the last three years and found the critical missing pieces of the puzzle. HBOT is a spectacular tool against cancer especially when combined with ketogenics and PEMFs. It is used widely in Europe and America and our hope is to help NZ to catch up.

ABOUT THE AUTHOR: Hayley Brown worked for thirty years as an interior designer and is the author of several children's books. Her cancer diagnosis began a new vocation. Together with her partner Todd Balfour, a nutritionist, they now run a clinic in Kapiti where they treat others with Hyperbaric Oxygen and Pulsed Electromagnetic Field therapies.

Their website is: www.healththevolution.co.nz

A Brief Description of the Therapies Used

Ketogenic Diet (KD): The KD has a long and successful history as a treatment for epilepsy. Over the last 10 years there has been an explosion in its use and scientific interest in KD, especially as an effective cancer therapy. Cancer feeds and grows using glucose. By adapting to a KD cancer cells are effectively starved of food, inhibiting the cancers ability to develop.

The purpose of undertaking a KD is to enter a state of "nutritional ketosis". This is a natural metabolic state that occurs when you consume a very low carbohydrate, moderate protein, high fat diet which causes your body to switch from using glucose as its primary fuel source to running on ketones, a natural by-product of fat-burning. Being in a state of "ketosis" is a completely natural state.

Pulsed Electromagnetic Field (PEMF) therapy: The many benefits of PEMFs have been demonstrated through more than 2000 medical studies, including some double-blind studies. Clinical evidence shows PEMF therapy reduces pain, reduces inflammation, speeds wound healing, heals bone fractures, decreases hypertension and oedema; preliminary data shows possible benefits in controlling malignancy. NASA has shown PEMF therapy promotes healing and a return to higher activity levels.

The human body is under the influence of the earth's magnetic fields and keeps a balanced relationship with it. Under modern day living conditions, the effect of this field is decreasing and the resultant lack of magnetic frequency is responsible for a growing list of health concerns.

Hyperbaric Oxygen Therapy (HBOT): HBOT is a specialised therapy that uses increased atmospheric pressure to allow the body to incorporate more oxygen into the blood cells, blood plasma and cerebral spinal fluids at a greater volume. As the pressure goes up, more oxygen is pressed into the body's fluids and tissue in turn promoting faster and more effective healing. Nature dictates that healing cannot take place without adequate oxygen levels in the body's tissues. Cells and tissue without oxygen will die or become hypoxic. Hypoxia is a major factor in development of stroke, heart attack, cancer and Alzheimer's Disease.



The young woman in this photo is sitting inside a hyperbaric oxygen therapy (HBOT) chamber.

Man 'cured' of prostate cancer after doctors shock tumour to death with testosterone

By Sarah Knapton,
November 30, 2016

A man with advanced prostate cancer is believed to be cured after doctors 'shocked' his tumour to death with huge amounts of testosterone.

The result has been described as 'unexpected' and 'exciting' because most prostate cancer therapies work by depriving tumours of testosterone, because cancer uses it as a fuel.

Other seriously ill men taking part in the same trial showed responses that astounded scientists, with tumours shrinking and the progress of their disease halted.

Levels of Prostate Specific Antigen (PSA), a blood marker used to monitor prostate cancer, also fell in the majority of the 47 participants.

One individual whose PSA levels dropped to zero after three months and shows no remaining trace of the disease after 22 cycles of treatment appears to be cured, said the researchers.

Professor Sam Denmeade, from Johns Hopkins University School of Medicine in Baltimore, US, who led the study, said:

"Our goal is to shock the cancer cells by exposing them rapidly to very high followed by very low levels of testosterone in the blood. The results are unexpected and exciting.

"We are still in the early stages of figuring out how this works and how to incorporate it into the treatment paradigm for prostate cancer.

"Many of the men have stable disease that has not progressed for more than 12 months.

"I think we may have cured one man whose PSA dropped to zero after three months and has remained so now for 22 cycles. His disease has all disappeared."

All of the patients had spreading cancer that was resistant to treatment with two of the latest hormone therapy drugs, abiraterone and enzalutamide.

The trial involved three cycles of "bipolar

androgen therapy" (BAT) which involves alternately flooding and starving the body of the male hormone testosterone.

The treatment is revolutionary because testosterone is generally assumed to fuel prostate cancer. For decades men with advanced and spreading prostate cancer have been treated by cutting off the supply of testosterone or blocking its effects.

In contrast upping testosterone in a man with prostate cancer is generally considered similar to pouring petrol on a fire.

Yet laboratory experiments had hinted that blasting tumours with high levels of the hormone might suppress or even kill prostate cancer cells.

The men received high dose injections of testosterone once every 28 days. At the same time, they were given a drug that stopped testosterone being produced naturally by the testicles.

FULL STORY HERE:

<http://www.telegraph.co.uk/science/2016/11/30/man-cured-prostate-cancer-doctors-shock-tumour-death-testosterone/>

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Pemf Therapy

"The human body is under the influence of the earth's magnetic fields and is keeping a balance relationship with it. However, under modern-day living conditions, the effect of this field is decreasing and the resultant lack of magnetic frequency is responsible for a growing list of health abnormalities."

Kyoichi Nakagawa, MD, Director, Isuzu Hospital, Tokyo, Japan

"Every one of the diseases we can't solve is absolutely logical if we put energy at the centre of the problem."

Dr Douglas Wallas, founder of the field of Human Mitochondrial Genetics, USA

Hyperbaric Oxygen Therapy

"A single hyperbaric treatment to the human cells that line all of our blood vessels turns on and turns off as many as 8,101 genes in the 24 hours following HBOT. If the cells are given another treatment at 24 hours, even more genes are activated, and the cells begin to roll up and form small blood vessels."

Dr Paul Harch MD, director of the Louisiana State University school of Medicines Hyperbaric Medicine Department, USA.



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Get to the point: **Treating infertility with acupuncture**



Infertility – which is on the rise – generally means that a couple isn't able to get pregnant after a full year of trying. It may be caused by the fact that couples are waiting longer to have kids, but other factors may also be at play.

It's a problem that impacts 12 percent of all women ages 15 to 44 years old in the U.S. But it's far from just a women's problem. In fact, out of all men under age 45 that sought help for infertility, 18 percent were diagnosed with male infertility. While the root of the growing problem is not completely clear, a growing number of couples are turning to a more holistic, Eastern approach to treatment.

A Closer Look at Treating Infertility

There's a lot that has to happen for a woman to get pregnant, and if seventh grade sex ed has slipped your mind, here's a quick recap: A woman must release an egg from one of her ovaries which must join with a man's sperm along the way to the uterus to fertilize. The fertilized egg must go through the fallopian tubes and implant on the inside of the uterus. So, a problem with any of these steps can cause issues getting or staying pregnant.

Infertility can be caused by any number of issues including:

- **A lack of ovulation**
- **Hormone imbalances**
- **Blocked fallopian tubes**
- **Fibroids**
- **Insufficient eggs or poor egg quality**
- **Environmental toxins including endocrine disruptors**
- **Low sperm count**
- **Abnormal semen**
- **Getting pregnant later in life**

Whatever the reasons, infertility is heartbreaking for the couples that go through it.

Conventional Methods for Treating Infertility

When it comes to treating infertility, common methods include intrauterine insemination (IUI) and in vitro fertilization (IVF). IUI is the process of placing a concentrated sample of sperm directly in the uterus at the proper time to help a woman get pregnant. It can be done with or without fertility drugs. IVF is a more intensive process and it works by manually combining the egg and sperm in a laboratory dish, and then transferring the embryo to the uterus. This requires fertility drugs. IUI costs around \$800 per treatment and it's usually done before IVF. IVF costs at least \$12,000 but it can often cost as much as \$17,000 per round.

Using Chinese Medicine to Treat Infertility

There are a number of reasons why people might turn to less invasive fertility treatments like Chinese medicine instead of Western treatment methods. Here are a few:

- In general, it's just a fraction of the cost of IVF. Costs are

usually between \$60 and \$100 per treatment.

- It's less invasive.
- It doesn't require fertility drugs.
- Many find the treatments relaxing and even pleasurable.

According to Sara Putnam of One Life Wellness, Chinese medicine practitioners take a holistic look at patients. They look beyond the obvious to all areas of physical and emotional health and then they tie everything together. Putnam helps patients all along the spectrum of fertility issues from those that are just beginning to try to conceive to patients who are using it along with Western treatments like IVF.

"We look at the root of the problem from emotional trauma to stress," says Putnam. "Even digestion can play a role. For example, if your digestive system isn't absorbing nutrients then it can be hard to get pregnant."

Putnam uses acupuncture points customized for each patient's fertility issues. For example, certain points can regulate ovulation. Other points can influence hormones like the pituitary gland and hypothalamus. Acupuncture can also increase blood circulation which keeps everything healthy and can increase the flow of cervical fluid.

Diet can also play a role. And while Putnam contends that dietary changes vary between patients based on needs, certain inflammatory foods are often removed from the diet including:

- **Gluten**
- **Dairy**
- **Sugar**
- **Caffeine**

These food groups constrict blood flow, which is generally a negative for fertility. Tobacco and alcohol (obviously!) are also off limits. Putnam may also combine massage with other treatments like Chinese herbs and cupping for the best results. She encourages couples to look toward a more holistic approach before exploring conventional treatments. Even if you choose IUI or IVF, Chinese medicine can increase your chances of these treatments being successful.

ABOUT THE AUTHOR

Sara Novak is an independent journalist who reports on health, science, yoga, and travel. She was a writer for Discovery Communications from 2006-2013 and her work has been featured on Discovery Health, *Popular Science*, TLC, Animal Planet, What to Expect, TreeHugger, and many more. She's also a certified yoga teacher. When she's not churning away on her laptop, she can be found atop her yoga mat or walking the beach with her husband, baby boy, and two lovable cocker spaniels.

SOURCE:

organicauthority.com
<http://tinyurl.com/z5jk7lh>



The Ability of Cannabinoids to Heal The Body

By Wes Annac
Editor, Openhearted Rebel
December 20, 2016

If this were the 60s or 70s and you told someone you were using cannabis for pain relief or to treat an illness, you might get a funny look.

Today, however, countless legitimate medicinal uses have been discovered for the plant. It's finally receiving positive attention from a society that's condemned it for nearly a century.

"Regular" people are standing up for cannabis, unafraid of the consequences imposed by an unfair system. Rather than continue to condemn it, people are openly exploring and sharing information about its benefits. Even doctors are speaking out about it.

In an effort to support the revolutionary work being done in the field of cannabis-based medicine, I've compiled some of the most prominent information concerning the plant's health benefits. It seems to have been created for the explicit purpose of helping the human body. Since the floodgates have been opened for extensive research into it (though not as extensive as if it were legalized worldwide), we in this era will be fortunate enough to learn almost everything it can do. More people than ever will learn about the ways it can heal the body, and a sea change in the way we see it will follow.

Cannabinoids in Cannabis Mimic the Body's Endocannabinoids

Nishi Whiteley writes that cannabis helps various ailments because of the "active pharmacological components" in the plant that mimic the body's endocannabinoid system, which is described as an "internal chemical harm reduction system". (1)

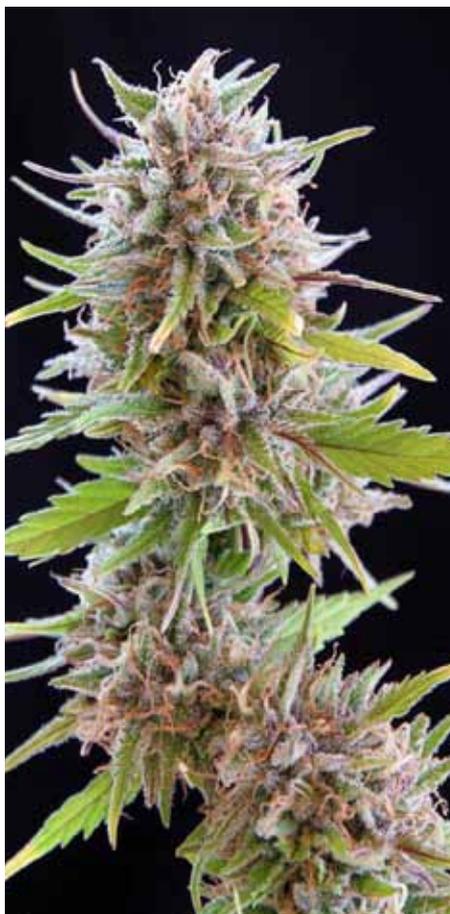
Nishi writes that endocannabinoids – chemicals produced by the body – control the endocannabinoid system. These chemicals ensure our most important biological functions are stable. Those functions include the ability to sleep, feel pain, have an appetite, and maintain a healthy immune system. Their control gives endocannabinoids the ability to "fix

the problem" when the body becomes imbalanced or stressed. (1)

The cannabis plant, Nishi writes, contains "pharmaceutically active" components that mimic the body's endocannabinoids. These components can help the body manage crises or find healing after trauma if the body's endocannabinoids are insufficient by themselves. The short answer as to why cannabis helps so many illnesses is that it treats pain and inflammation by working with the endocannabinoid system, which controls these symptoms. Pain and inflammation are prevalent in most illnesses, giving cannabinoids the edge against them. (1)

Cannabis Contains Over 400 Active Cannabinoids, Terpenes, and Flavonoids

Nishi writes that cannabis is one of the most pharmacologically active plants in the world: it contains over 400 active chemicals referred to as cannabinoids, terpenoids (aka terpenes), and flavonoids. Different levels and combinations of these chemicals provide different



benefits for the body. These include:

- Dilating blood vessels
- Protecting brain cells that have been damaged
- Stimulating bone growth
- Killing certain cancer cells
- Controlling muscle spasticity
- Preventing seizures
- Killing viruses, as well as bacteria (1)

These chemicals, Nishi writes, seem to provide the greatest benefit when combined. The individual, isolated chemicals don't help as much as when they all work together. (1)

Cannabinoids Relieve Pain "Significantly"

The United Patients Group reports that cannabinoids have been shown to "significantly" relieve pain by connecting to pain receptors in the central nervous system. They can even relieve pain in cases where opiates are insufficient. (2)

The UPG reports that medical marijuana and pain relief studies show less THC is needed for pain relief compared to codeine: the level of pain relief from a 10-mg dose of THC is comparable to relief from a 60-mg dose of codeine. Patients given access to extracts of medical marijuana can decrease their use of opioid pain relievers, non-steroidal anti-inflammatory drugs, and antidepressants. (2)

Patients given "inhaled medical marijuana" can find significant relief from peripheral neuropathy, the UPG reports, which is a common symptom for patients undergoing chemotherapy or taking anti-cancer drugs that cause pain, tingling, or muscle weakness in the hands or feet. Peripheral neuropathy may be avoided altogether if medical marijuana is taken before the use of chemotherapy or anti-cancer drugs. (2)

The UPG reports that most patients consume cannabis by smoking it, but those who prefer not to smoke can use alternative methods. Studies show smoking cannabis is not as harmful as smoking cigarettes, but nevertheless, it can be harmful to smoke anything. Alternative methods are available, such as vaporizing, oral ingestion via a prepared solution, or oral ingestion via edibles. (2)

CBD: A Highly Beneficial Cannabinoid

Now, let's focus on CBD; the increasingly well-known cannabinoid that boosts THC's therapeutic effects and, as we'll learn, lessens its side effects.

Amee at Back Pain Solutions Online writes that THC is the most well-known cannabinoid but CBD is the most important in the medicinal sense. CBD can reduce nausea, muscle spasms, inflammation, and anxiety in lower doses than THC, and it also has anti-cancer and anti-psychotic properties. (3)

New products, Ameer writes, are being developed for those who want CBD's benefits but don't want to get high. CBD can be extracted from the plant and made into tinctures, pills, and salves. The FDA considers these to be food-based products, which is why they can be sold over the counter with no medical marijuana card required. (3)

Ameer writes that CBD provides an alternative form of back pain management for those who want to reduce reliance on other, more dangerous medications. Conventional drugs for pain management have short and long term risks, including dependency, organ damage, and a "foggy" feeling that interferes with daily life. CBD-based products carry no such risk. (3)

While CBD isn't a remedy for the cause of pain, Ameer writes, it could be a "key component" to managing pain naturally. Ameer believes the power of information can overcome the stigma against medicines and products derived from the cannabis plant. (3)

Do the Research

There's a tendency in our society to condemn things we know nothing about simply because we're told they're bad. This causes us to turn away from things like cannabis that could help us thrive, and until we break free from the herd mentality, it'll continue to keep us from life-saving discoveries.

Don't accept what someone tells you; do the research and learn the truth for yourself, because you'll encounter plenty of people who want to deceive you for personal gain. Don't believe what I write about cannabis without a well-researched understanding of your own, because knowledge not only brings power, but independence.

Read up on the subject and form your own understanding. You'll quickly learn that this world is nothing like you think. All this surprising information will overwhelm you and send you on a quest to share the truth with others who are doing their research and sharing knowledge previously lost to history.

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This article appeared first at Culture of Awareness and appears here courtesy of Wes Annac.

ABOUT THE AUTHOR:

I have a blog, Openhearted Rebel (<https://openheartedrebel.com/>), in which I share writings related to spiritual philosophy, creativity, heart consciousness and revolution (among other topics).

I write from the heart and try to share informative and enlightening reading material with the rest of the conscious community. When I'm not writing or exploring nature, I'm usually making music.



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Cannabis Oil CURED GIRL'S LEUKEMIA After HPV Vaccine Broke Down Her Body



After HPV Vaccine Broke Down Her Body: Hayley Willar Story

By Era of Wisdom
December 2, 2016

In 2010, Hayley Willar was one of the first young girls to receive the HPV vaccine Gardasil.

She was very physically active, a competitive figure skater for most of her life.

Within a couple weeks of receiving Gardasil, she started to feel “not

herself,” as described by her mother Dayna.

For the next few years she suffered severe migraines, ovarian cysts, an incapacitated immune system, anxiety, and other symptoms commonly reported by victims of Gardasil.

In 2013, she was diagnosed with leukemia. As countless people have been victims of “sudden death” after receiving this vaccine, as people such as Chace Topperwein have been afflicted with this specific type of cancer after Gardasil, Hayley became a victim as well: until her mother discovered cannabis oil.

Her mother began to research, and discovered countless other cases of ovarian cysts, autoimmune disorders, cancers, and issues resulting from Gardasil.

Before Dayna knew to treat her daughter with cannabis oil, they went the chemo route. She says her daughter had “every side effect imaginable” from the chemo.

Her hair fell out, sores appeared in her mouth that made drinking and eating problematic, she had fevers of up to 10 days straight, and she became hypersensitive to everything: the symptoms of Gardasil injuries and chemo mixed together to create a catastrophe of symptoms. She was pumped full of steroids in response.

After six weeks of chemo, a bone marrow test determined she was in remission.

About two months later, Hayley was back in the hospital due to an infection that started in her ear and spread throughout her body. She was simply given antibiotics.

An incident of horrific negligence on part of the hospital occurred, where a chemo chemical had accidentally come into contact with Hayley’s skin: as her mother describes, people in hazmat suits rushed into the room, disrespectfully pushing her aside to correct the hospital’s mistake which they say “could

have caused cancer.” A chemo chemical coming into accidental contact with her skin could have caused cancer, the medical professionals said.

Her mother knew something else had to be done, so she began researching. She discovered a story of a man healing his leukemia with cannabis oil, and decided to take that route, with no regard to the opinion of the doctor, or anyone else who may not approve.

She described trusting her intuition, knowing it would work: she was right.

Dayna made the oil for her daughter herself: within 1 week of treatment, about seven months into chemo, her routine blood work came back normal for once. Before that, the blood tests were consistently erratic.

Hayley’s health improved to the point where two months into cannabis oil treatment, she decided to completely abandon chemo.

Doctors wanted her to be on chemo for almost a three year period, even after she might have been cured. They said it was “protocol” to ensure the cancer never came back.

Well, the cancer never did come back, and it was thanks to her decision to defy the advice of medical professionals.

In this interview with Era of Wisdom below, Hayley’s mother tells her story. Today Dayna has a spiritual healing practice which you can find at this link:

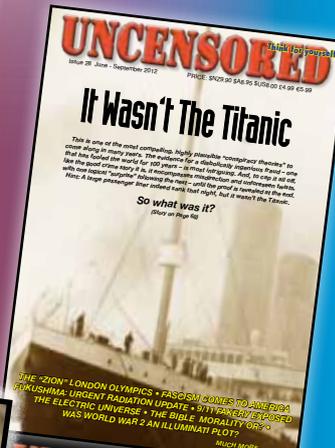
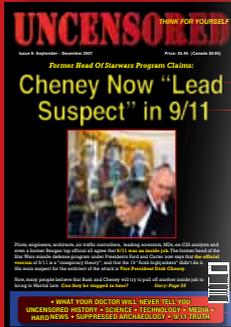
<http://wakingtimesmedia.com/cannabis-oil-cured-girls-leukemia-hpv-vaccine-broke-body-hayley-willar/>

Please share this with as many people as possible: don’t let your loved one go the route of chemo without some hard, hard research first.

SOURCE: <http://www.eraofwisdom.org/cannabis-oil-cured-girls-leukemia-hpv-vaccine-broke-body-hayley-willar/>



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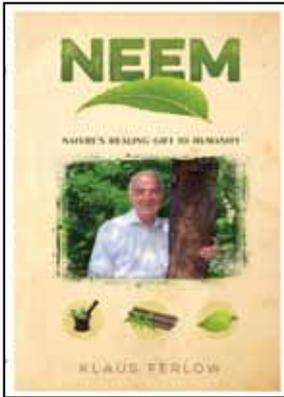
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NEEM – Nature’s Healing Gift to Humanity

By Klaus Ferlow, M.H. (ISBN 978-0-9937275-0-4; 2016; paperback; Neem Research, P.O. Box 3197, Mission, BC V2V 4J4, Canada, <http://neemresearch.ca/>; 249 pages; \$19.95 Cdn)

Reviewed by Lorna J. Hancock, Executive Director, Health Action Network Society (HANS)



I love living in Vancouver, reputed to be one of the most beautiful places one could live in the world; but once in a while I marvel at what other countries have to boast about. Seems that India has

a tree that is so special, in so many ways, that they have named it the national tree. We are talking about the neem tree, every part of which has immense value, justifying this high praise.

The leaves of the neem tree are used as a pesticide, fertilizer, and put in animal feed, making it effective against internal nematodes; the flowers are used in aromatherapy for a calming and restorative effect; the twigs can be used as toothbrushes (although that might be a hard sell to my granddaughters); the bark has properties that make it a sexual contraceptive for men and women. The roots are antiseptic, antibacterial, anti-fungal, and germicidal and can be used to control fleas and ticks on pets. The oil is a bio-pesticide; and the remaining cake (after pressing out the oil) is also used as a pesticide, in fertilizer, and as an anti-fungal. It is also an organic alternative to antibiotics in livestock. That in itself is huge, considering the widespread problem the world now faces with antibiotic over-use.

I did not know about the neem tree until I met Master Herbalist Klaus Ferlow. On the jacket of his book, *NEEM – Nature’s Healing Gift to Humanity*, it says “The endearing story of Neem is told through the eyes of one of its most enthusiastic advocates.” Hav-

ing known Klaus now for several decades, I can now say with 100% certainty that he is indeed a global ambassador for this remarkable tree, which, in addition to all of the above benefits, also provides shade and lower temperatures while providing people and animals an enjoyable place to rest.

Who would have thought that a painful skin condition on Klaus’s scalp and elbows (psoriasis), coupled with a love of herbs, and listening to the David Suzuki show “What’s in a Neem?” would not only heal Klaus but lead to a life-long passion to share the knowledge of this amazingly curative plant with others? Who would have thought that this passion would result in a delightful book to read?

This book, however, deals with more than just the healing properties of neem and I found myself riveted to the chapter that dealt with the politics of neem; and it makes sense, upon reflection. Having such great financial potential as a global natural product, a frenzy of pre-patent activity sprang upon the scene with patent applications from many large corporations. Everyone knows that once patented, it is lost to the people who have been safely and happily using it for many thousands of years.

As with many activist movements, the people enthusiastically won the day. The resistance to this particular corporate takeover was led by world-famous Dr. Vandana Shiva, well known for her work against genetic engineering. This stalwart humanitarian played a pivotal role in successfully preventing the biopiracy of neem (as well as basmati rice and

wheat), but it took her decades and a lot of frustration to get there. The fight to keep neem unpatented resulted in over 100,000 Indian protesters in 2005, the year that the people won. It was heartfelt to read how individuals can touch the world as, indeed, Dr. Shiva has.

When I originally obtained a copy of this book and started to read it, I thought it would be a somewhat dry read – which I tend to notice with books referencing science. But, no, it isn’t like that. Instead, it is a totally unexpected delight to consider the beauty of this special tree and a fascinating read.

The book *NEEM – Nature’s Gift to Humanity* may be fiercely passionate about a tree. But, oh, what a tree it is! And it is surprising in how many ways it touches humans. I felt like cheering when I read of the inspirations and passion of German-born Elke and Stephan Krueger, who wondered one day if the neem tree could possibly be used to boost the economy of impoverished Piura, Peru? Well, yes, indeed, it could; and what an incredible journey the Kruegers embarked upon in order to make that so. I was spellbound by their dedication and impressive story, which reminds one of the struggles and adversities that have often led to real and important solutions for other suffering human beings just as this has.

NEEM has warmly referenced many friends, colleagues, and organizations who support and understand the use of neem – with pictures throughout – making it helpful if you are looking for both resources and inspiration. It is also well referenced at the bottom of each page, just in case an idea should inspire you to

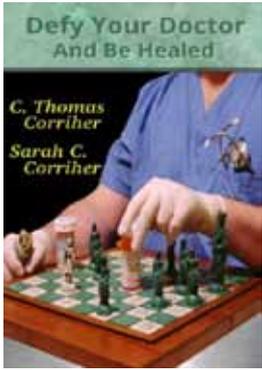
Book:
"NATURE'S HEALING GIFT TO HUMANITY"
 author Klaus Ferlow, HMH, HA

The miraculous medicinal versatile Neem tree from India offers better plant, human, animal, and environmental health and was declared by the United Nations as "The tree of the 21st Century" With over 22 years experience working with Neem writing the manuscript for the book became over time a labor of love, sharing and passion.

the two world renowned scientists, entomologists, Neem expert and researchers Dr. Ramesh C. Saxena, Chairman of the Neem Foundation, Mumbai, India and "The Father of Modern Neem", Professor Dr. Heinrich Schmutterer, formerly with the Institute of Phytopathology & Applied Zoology, Justus/Liebig University, Giessen, Germany collaborated with me and are the strongest supporters for my book besides many others worldwide. The book is now available from 10 different amazon websites, more information can be obtained from: <http://www.neemresearch.ca>, email: neemresearch1@gmail.com

Defy Your Doctor and Be Healed

Published by Health Wyze Media
 Price: \$US22
 Pages: 593
 Available from www.healthwyze.org



This book condenses seven years of research concerning all of the things that doctors never say, and it teaches readers how to break free of the medical treadmill. Alternatives are explained in every chapter to demonstrate

the healing power of natural medicine. *Defy Your Doctor and Be Healed* is what the other natural cures books were supposed to have been, but many were not. It does not merely list what works and what does not; it explains the hows and whys in a very straightforward manner.

Your doctor is not your healer. He is your dealer. This is why diabetes drugs cause full-onset diabetes, cholesterol medications cause sudden-onset heart attacks, and why radiation from cancer screenings causes cancer. The system is primarily designed to be self-perpetuating, and to prevent us from ever being free. There is no money to be made from healthy patients, nor is there profit in having dead patients. The money is made somewhere in the middle, in patients who are

alive, but barely.

By discovering how corrupt the system is, readers will never see things in the same way again. The medical establishment is one of few industries which remains well respected, because it has so cunningly been able to manipulate the public and the media – much more than any other industry ever has. As one of the hundreds of examples given within the book, cancer patients who forgo standard treatments live four times longer, and have a better quality of life; making virtually any alternative therapy superior. The mortality census shows that properly prescribed medications cause more deaths in the United States every year than any war in its history, and this omits the deaths from medical mistakes and surgery.

The legitimate alternative therapies are explained throughout this book; these were actually standard therapies prior to the early part of the twentieth century. These were the truly safe medicines that had been honed for centuries before the medical schools were hijacked by the Rockefellers and the American Medical Association, and before medicine's unholy trinity was formed with the addition of the Food and Drug Administration. This cartel gave rise to a petrochemical empire that rules not only our highways and industries, but it covertly monopolizes

our medicine as well. Its first actions were to silence all competition to its medical monopoly through disingenuous licensing laws, and then to ban all natural treatment options by fiat, for the sake of promoting its own chemical drugs. Such has come to pass. Few people know of this darkly-shrouded history, or of the better alternatives, because of the cartel's iron grip upon society's throat.

Ed Note:

*The foregoing is from a press release from the publishers; however, there is nothing that we can disagree with! With very few exceptions (e.g., their negative comments on MMS) we found this book to be one of the best compendiums of really useful, perhaps even life saving, information that we have ever run across, and ranks with **The Prescription for Nutritional Healing** as one of the better examples of books that everyone with an interest in natural medicine can really use.*

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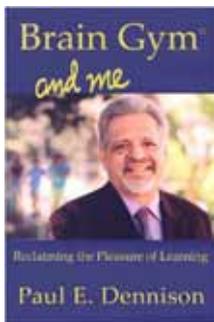
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Brain Gym and Me – Reclaiming the Pleasure of Learning

By Paul E. Dennison
Edu-Kinesthetics, Inc.
PoBox 3396
Ventura, CA 93006-3396

Available from www.braingym.com as well as amazon.com



Author Paul Dennison did not have an easy start to life.

Born in Boston during WWII, to impoverished parents who lived in a one-room apartment, he developed pneumonia in the first year of his life, necessitating hospitalisation. He did not speak his first words until the age of four. A shy child, he found the hurly burly of school overwhelming compared to his quiet and orderly home. His first few years of school were marked

by failure; he had to repeat the fourth grade and he did not learn to read until he was ten.

Fortunately, Paul Dennison had loving parents who provided him with opportunities to learn new skills and develop confidence through participation in the performing arts. Once Dennison did learn to read, with the help of a particularly kind and patient teacher who took a special interest in him, his academic potential began to blossom – although he never forgot his early struggles.

Fast forward a few decades and Paul Dennison had achieved a PhD in Curriculum and Instruction and developed a successful business teaching children and adults to read, write and spell.

His observation of his students and desire to help them learn led to the development of the Brain Gym® system of exercises that enhance neurological function. As such Brain Gym® may be used to address specific learning difficulties – including cognitive problems and/or poor coordination, such as dyslexia and dyspraxia.

By enhancing brain function, Brain Gym® exercises may also be used to reduce stress and assist with emotional regulation.

As Paul Dennison explains;

“In the Brain Gym community, the single most effective, best known, and most loved remedy for such a situation [undesirable behaviours that originate from activation of the brainstem’s ‘fight, fright or freeze response’] is Hook-ups...”

“When we do Hook-ups we gather our attention at the center of the body, site of the core postural muscles and vital organs. The tongue on the roof of the mouth connects the midbrain and the brain stem, and deep breathing activates the vestibular system via the hyoid ligaments which allows the brain to come into a state of coherence so that we can think about what’s going on, and make use of our frontal lobes.

“Doing Hook-ups is like giving oneself a loving hug, it puts everything together connects all the circuits, lowers the blood pressure, and slows everything (such as the heartbeat) down. When this happens, we begin to move out of the brain-stem fight-or-freeze state and feel safe again. The crossover of arms, hands and feet engages the vestibular system in a search for balance and engages both motor cortexes in the frontal lobe, to integrate them and counter the action of the sympathetic nervous system.” (A video of chiropractor and acupuncturist Sam Shay – who also trained as a Brain Gym® consultant – dem-

onstrating how to do Hook-ups as part of a sequence of Brain Gym® exercises known as PACE may be viewed at this link: <https://www.youtube.com/watch?v=5ah7InBIrwl>.)

Brain Gym and Me includes written descriptions (and photos) of how to do some of the key exercises in the Brain Gym® repertoire making this book a practical handbook, not just an autobiographical work. More than this, the book is an invitation to readers to use the easy-to-learn Brain Gym® exercises to help better integrate body and mind, reduce stress and thereby live a happier life.

“Brain Gym is grounded in the premise that movement is life. As we learn to move more fully, we experience more of the joy of being fully alive. We then offer a precious gift to others by bringing joy into every facet of our life; family, work, school, and play. Joyful people are appreciative, loving, confident, humble, patient, supportive, kind and generous...When we are these qualities, then we get to have everything we’ve ever dreamed.”

Brain Gym and Me is a practical and inspiring book that has wisdom to offer to anyone who would like to be healthier or happier.

Want to learn more? More information about Brain Gym® may be found at the author’s website: www.braingym.org

In NZ, the website www.braingym.org.nz has information about Brain Gym® courses as well as books on Brain Gym® – including a very useful book for teachers *Brain Gym - Teacher’s Edition* – as well as contact details for Brain Gym® consultants and instructors in NZ.

The image below of the boys demonstrating the Hook-ups exercise is sourced from www.heartsatplay.com.



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They use a 'drawing out method' to help free blocks, inflammation and trauma, treating the patient with their own energy field and channelling of chi energy through the healer's hands.

The Web Site explains - How it Works, advertises Workshops, MHU Certified Practitioners, Sells Colin's books, C.D's. & 'energy checker'.



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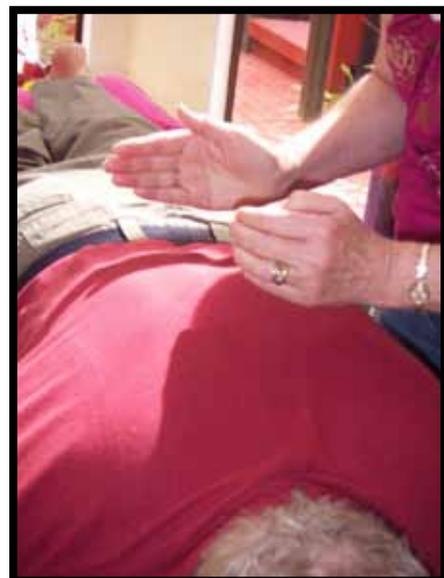
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Healing The Auric and Physical Body

By Kathy Moore

THE AURA is a field of electromagnetic vibrations that directly relate to the physical, emotional, mental and spiritual aspects this applies to both humans and animals. This energy around the outer body flows from the cells of the body; creating the electromagnetic field which surrounds all life forms.

First seen in 1939 by the Russian Scientist Semyon Kirlian, 'Kirlian' photography was named after him. Now researched by many Scientists using the latest sensitive technology all agree from their studies that the aura is recordable. Many humans, babies and animals can actually see it.

Recognised by many energy healers throughout the decades and now acknowledged by research, that the frequency of this energy field is controlled by emotions from the mind. As emotions change, so will the frequency and strength of the electromagnetic field. Its strength is dependent upon: physical health and energy reserves of independent cells forming the body.

The aura can extend to approx. 4 metres in diameter when full health is experienced, diminishes when ill or tired. It embodies 7 major layers, powered through 7 major energy centres, called chakras. It is energised by the kundalini, the storehouse of vital energy at the base of the spine.

The Aura has many coloured energy lines indicating the process of thought and feeling, constantly moving, altering and reshaping with personal responses. During illness the aura shrinks and fades in accordance with the level of disease.

It disappears when the person leaves their physical body. The combination of hereditary factors, attitude, life experience and environment, creates a vibrating frequency of the close-knit electromagnetic particles, which in turn creates a unique aura for each individual.

The many forms of man-made energy radiating around us i.e. electricity, microwaves, radio waves, cell phones and towers can be harsh on a sensitive auric field. This has been noticed by some energy healers and scientists, to have detrimental effects on one's health when overexposed to these energies.

An Auric / Magnetic healer (AMH) works on the magnetic field around the body, rather than working on the body itself. These healers are able to recognise areas of injury and trauma within the auric field and physical body, As their hands are drawn like magnets to these areas, generally this is where the hand stops and can hardly move, that's where a magnetic healer knows where there is a problem. By then drawing out the blocks caused by the inflammation and trauma, they are taught to use their own electromagnetic field with correct channelling of energy to facilitate the start of healing of the body.

The main emphasis of AMH is: That the patient does not tell the healer what their problem is on arrival for their session. The healer is then able to focus on the specific areas they are drawn to, without prior knowledge of that person's problem.

A patient normally tells a practitioner where their problem is, but with a AMH they are taught that if told, they focus on that area and actually miss where the source of the problem is coming from. By using the AMH method, they are then drawn to the

cause of the problem, not the symptom of it. The cause of the problem just happens to be vibrating at a low enough frequency to be perceived by the healer.

ANCIENT TEACHINGS "Christ taught a universal spiritual law," said the late Colin Lambert, well known magnetic healer and teacher from Waihi. This energy can be used by anyone who uses 'love and light'. It is not just a Christian gift – the healers of all the great religions and many tribes have had such skills for hundreds of years. Magnetic healing is part of an ancient healing tradition with the ability to tune in to the etheric energy of the auric field which surrounds the body of the patient. With the positive energy generated by the healing hands, one can remove the 'block in the auric body'. This draws the corresponding cause away, replacing it with higher light vibrations, to assist the healing process."

Colin would show how the energy field around his hand was interacting with the field or aura of his patient, just as the energy field around one magnet will interact with the field of another. And so the name 'Magnetic Healing' was born. Auric added for Aura.

An AMH see the physical body as a billion, billion living cells which go to make up that body. If every living cell in the body is in perfect working order, then there will be no negative areas reflected in the energy field, and therefore no resistance to the flow of the hand over the body.

Sometimes the AMH hands can be heard to crackle as the magnetic field is cleared.

A client may also feel waving motions, tingles, crawling sensations, warmth, extreme cold, tummy rumbles. Sometimes temporary pain can be felt as energy intensifies over the area until it releases.

CLEARING THE BLOOD is another important aspect of AMH and is the first procedure of a session. The blood carries a lot of toxins from chemicals that we ingest and inhale, and lacks vitality when sickness is evident through fighting infection or from being generally run down. A sensitive AMH can pick up on smokers, chemicals, drugs, unbalanced diet, and disease in the blood, as they link into that area. In turn they draw out the dross build up to help restore it back to normal for that person. Changes have been noted in many immediate follow up scans showing improved circulation, blood corpuscle changes, drop in blood pressure, cholesterol, diabetic levels, etc. Often anaesthetic or chemicals smells have been picked up by others in the room, when an AMH healer has been drawing it out of the body and energy field of their patient.

Note: Auric / Magnetic healing is very safe. In the thousands of years it has been used, there has never been a recorded case of anyone being physically injured or dying as a result.

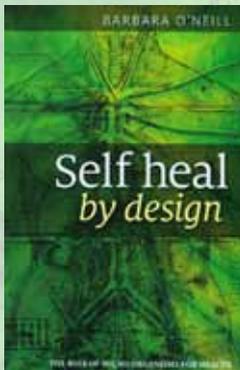
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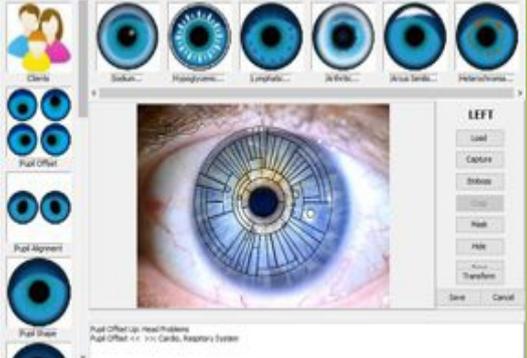


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